

## A dangerous obsession

*Students struggle to overcome problems with eating disorders*

BY KELLI B. GRANT  
News Editor

When Lindsey Rabinowitz arrived at Ithaca College three years ago, the Colorado native was forced to make so many adjustments to her new life that she felt eating was the only part she could control.

"All I really wanted to do was lose weight, but then it turned into an obsession," she said. "Once I found I could lose the weight, I wanted to keep it off."

During her first year, her obsession led to anorexia. Rabinowitz said she began to exercise frequently and eat only once a day, limiting her total food intake to a bowl of cereal and an apple. When people started to notice, she would push it aside.

"I think I knew I had an eating problem. I just didn't really care," Rabinowitz said. "At my house, I'd say to my roommates, 'Look at my muscles from the gym,' and she'd say, 'Those aren't your muscles. Those are your ribs.'"

At the end of her freshman year, she ended her anorexia because she couldn't stand to not eat anymore, but turned to bulimia instead.

"I would go to the dining hall and have a blast," she said. "I

would sit there for two hours and eat and then just run off to the bathroom. You felt so free eating your food, and then you felt so bad about it."

Rabinowitz said she stopped her bulimia at the end of her sophomore year because she couldn't handle hiding her problem from people. A supportive group of friends helped her to stop obsessing over food, Rabinowitz said. She initiated a campus group last spring called Body Related Issues, Discussion Groups, Education and Support, or BRIDGES.

"I decided, 'That's it,'" she said. "I have to pull myself back together. I have to go back to the person that I am."

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According to the National Eating Disorders Association, there are an estimated 11 million people in the United States suffering from eating disorders.

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JUNIOR LINDSEY RABINOWITZ looks for ads and articles containing negative body images for a display case Monday. Rabinowitz has overcome experiences with bulimia and anorexia to lead a campus eating disorder and body image group.

## Resolution sparks campuswide dialogue

BY EMILY LIU  
Staff Writer

Talk of war on Iraq has incited action among students in the aftermath of an Oct. 9 Student Government Association resolution opposing pre-emptive military strikes on Iraq.

Approximately 20 Ithaca College students will travel to Washington, D.C., on Saturday to join thousands of people from around the country in a national peace march to protest the proposed war against Iraq.

The event, organized by the international group Act Now to Stop War and End Racism, begins with a rally at 11 a.m. followed by a march to the White House. According to ANSWER's Web site, there will be simultaneous protests in at least 10 other countries including Puerto Rico, Mexico and Japan.

Junior Eric Lieb said he is participating in the protest because there is a need now, more than ever, to show public opposition to war.

Campus efforts to demonstrate this opposition have created controversy.

The Residence Hall Association held an emergency meeting Oct. 14 to vote on a resolution condemning SGA for passing its resolution regarding Iraq. After RHA voted on the original resolution and an amended version, the group rejected the proposal.

RHA's resolution stated that SGA grossly abused its power and jurisdiction in a vote to pass a resolution regarding congressional support in the Iraqi conflict. The resolution also stated that SGA voted as political representatives without proper au-

thority or dialogue from their constituents.

Sophomore Sheila Katz, president of RHA, said that it is important to note that the resolution was not for or against war with Iraq, rather it was criticizing SGA for its actions. She said that although the RHA vote failed, it had a positive outcome because it generated discussion from opposing viewpoints.

"It is the first time ever that people are aware they are allowed to say that they agree or disagree with an action that Student Government Association makes or represents," Katz said.

Sophomore Brett Miller, one of the drafters of the SGA resolution, said that students have a right to question SGA's actions. He said that in writing the resolution, the drafters hoped to create awareness and dialogue on campus.

Other groups are expressing their opinions about war. Students for a Just Peace and the Young Democratic Socialists plan to hold a rally against war at the Free Speech Rock on Nov. 12.

Ithaca College professors are also taking action. Chip Gagnon, assistant professor of politics; John Hocheimer, associate professor of television-radio; Gina Marchetti, associate professor of cinema and photography; and Zillah Eisenstein, professor of politics, spoke at a teach-in titled "Why War?" held Tuesday at Cornell University. It was sponsored by the Cornell Anti-War Coalition.

Additionally, 27 Ithaca College faculty, staff and students have signed a national online petition opposing a U.S. invasion of Iraq. The

petition, started by two professors at the University of Minnesota-Twin Cities, has already accumulated more than 25,000 signatures.

Miller, who will also join the Washington protest, said that the protests going on around the world show how strongly people feel about the decision to go to war.

"America isn't speaking with one voice," he said. "There is an enormous amount of dissent. To just put a lid on it and not speak out about it is doing the country a supreme injustice."



DAVID ROSS/THE ITHACAN  
SENIORS MEAGHAN SHEEHAN, left, and Erica Bergman join in the anti-war march from the Ithaca Farmer's Market to The Commons Oct. 12.

## Group strives for awareness of violent acts

BY ELIZABETH A. CROWLEY  
Managing Editor

Clotheslines heavy with T-shirts hang in the North Foyer in the Campus Center. Each shirt is a reminder of a sexual assault that has taken place in Tompkins County. The total collection numbers in the hundreds.

The Clothesline Project, a national effort, is one of six events during Domestic Violence Awareness Week, an event organized by Sociology Instructor Sarah Rubenstein-Gillis' Family Violence class.

Because October is Domestic Violence Awareness Month, the class members, in conjunction with the Advocacy Center in Ithaca, set up the week's events for the campus as part of their graded work, Rubenstein-Gillis said.

A speak-out against domestic violence will be held today at noon at the Free Speech Rock. The program will include speeches by survivors of domestic violence and service providers, and poetry readings.

"An enormous component of our work is getting the message out to people, making people talk about domestic violence and child sexual abuse because if people talk about it, then it won't be OK," said Vicki Kysar, community educator at the Advocacy Center, formerly called the Task Force for Battered Women.

Dating violence, which can take the form of physical, emotional or sexual abuse, happens in one in three relationships, Kysar said. Rubenstein-Gillis said one in four teenagers will be in an abusive relationship before graduating from high school.

"Often times, if there's not physical violence that's not taking place, someone in an abusive relationship may not recognize it as abuse," Rubenstein-Gillis said. "Violence and abuse can also happen in gay and lesbian relationships, same-sex partnerships as well as heterosexual relationships, and that's another important component to all of this."

One Ithaca College victim of domestic violence will be remembered through a display. Danielle Beschle, who was a freshman English major, was killed by her high school boyfriend Oct. 5, 1997. At the same time, there was a sexual assault, a rape and a group of students peeping into showers reported at the college.

"It really sent shock waves through Ithaca College at that time," said Rubenstein-Gillis, who was the community educator for the Advocacy Center at the time.

Other projects for Domestic Violence Week include collecting cell phones so they can be programmed with 911 and given to those in abusive relationships, producing a public service announcement and handing out purple ribbons to honor those affected by domestic violence. The color represents the bruising caused by physical violence, Rubenstein-Gillis said.

The Clothesline Project team is also selling pins designed to look like the T-shirts. The proceeds benefit the Center for Crime Victims and Sexual Assault, formerly Ithaca Rape Crisis.

Junior Stephanie Fiacco, a sociology major in the class, worked on the projects.

"It's to help raise awareness on campus about dating violence and violence in general and child abuse and a lot of issues that people deal with on a daily basis," she said.

To report domestic violence, call the Advocacy Center hotline at 277-5000.



# National and International News

## BRINGING BACK TRADITION



**HAMDANA, LEFT, AND Farishta attend a required Arabic language class for women at the Islamic Law School at Kabul University, which is working to redevelop pre-Taliban moderate traditions of Islam.**

PAMELA CONSTABLE/THE WASHINGTON POST

## Bush plans to reduce prescription costs

President Bush plans to propose new rules designed to make it easier for Americans to buy generic medicine by reining in the ability of brand-name pharmaceutical companies to keep lower-price drugs off the market.

Administration officials estimated that the plan, which could take effect within the next several months, could shave \$3 billion a year off the nation's rapidly growing expenditures on prescription drugs.

The officials, speaking on condition of anonymity, said Bush will essentially call for a new interpretation of a law that covers how the brand-name drug industry gets and preserves patents for the therapies that it develops.

The White House is responding to criticism of the in-

dustry, including a recent federal study that has accused the companies of exploiting loopholes in the law to thwart competition and thus increase the price of medicine for patients, employers and government-run insurance programs.

## Officials put pressure on North Korea

The Bush administration hopes to persuade Asian allies to deprive North Korea of hard currency, other economic assistance and international goodwill until Pyongyang agrees to end the production of nuclear weapons and submit to arms inspections, U.S. officials and analysts said earlier this week.

A temporary halt in the construction of two light-water nuclear reactors in North Korea, being built under a 1994

agreement with the United States, is also under consideration, the Japanese media had reported. U.S. officials could not be reached to confirm that report.

President Bush is trying to increase pressure on North Korea this week during a meeting at his Texas ranch with Chinese President Jiang Zemin and, in Mexico, at the annual summit of the 21 major Asian and Pacific powers.

## Thousands of prisoners freed in Iraq

President Saddam Hussein opened the doors of his nation's prisons Sunday, freeing tens of thousands of murderers and draft dodgers, political prisoners and petty thieves in a dramatic act of national reconciliation.

The sweeping amnesty was extended to offenders who fled the country, including political opposition figures in London and military deserters living in the region of northern Iraq. Spies for the United States and the Israeli "Zionist entity" will remain behind bars, officials said.

Hussein's announcement at midday came as a shock to inmates throughout Iraq.

## Bahrainians protest to oust U.S. Navy

Protesters chanting "Death to America!" and "Death to Israel!" in Manama, Bahrain, angrily called for Bahrain's government to oust the U.S. Navy from the base that serves as its regional headquarters in the Persian Gulf last week.

Organized by the local Islamic political group, the protest was the latest in a series of anti-U.S. demonstrations in recent months, including a rock-throwing march by several thousand people outside the U.S. Embassy in April that left a teenage protester dead after a skirmish with Bahraini police.

More than 500 protesters rallied outside the United Nations complex along Embassy Row to urge the United Nations not to support any U.S. effort to topple Iraqi President Saddam Hussein as several television stations broadcasted the protest across the Arab world.

Source: Los Angeles Times and The Washington Post News Service

## News Briefs

### Trustees discuss fund-raising and other financial issues

The Ithaca College Board of Trustees discussed institutional positioning and the financial state of the college during its meetings Oct. 9-11.

President Peggy R. Williams, Vice President and Treasurer Carl Sgrecci and Provost Peter Bardaglio spoke to the trustees.

The full board heard a presentation on initiatives to increase international study opportunities and to internationalize the college's curriculum.

The Institutional Advancement Committee reviewed results from recent fund-raising initiatives and new marketing efforts; the Finance and Audit Committee approved the annual audited financial statements; and the Educational Policy Committee heard reports on the recently created Division of Interdisciplinary Studies as well as the search for a new library director.

### College appoints graduate as new marketing director

Shelley Semmler, vice president for institutional advancement, announced Wednesday that the college has selected Thomas Torello '87 as the first executive director of marketing communications.

Torello holds a B.S. in communications with a concentration in advertising from the Roy H. Park School of Communications.

He has worked at Rensselaer Polytechnic Institute for seven years, most recently as director of marketing.

### Students can meet employers and make job connections

The Office of Career Services will be holding the first portion of Career Day 2002 on Tuesday from 11 a.m. to 2 p.m. in Emerson Suites.

Approximately 50 employers from

various companies and organizations in different geographic locations will come to the college to provide information and opportunities for students seeking jobs or internships in the near future.

Students will be able to sign up for interviews with select employers who will return on Wednesday. Interviews will take place between 9 a.m. and 4 p.m. in Emerson Suites.

For more information, contact John Fracchia, assistant director and recruiting coordinator, at 274-1687 or jfracchia@ithaca.edu.

### Students to act as moderators for congressional debate

U.S. Rep. Maurice Hinchey, D-N.Y., will square off in a campus debate with Eric Hall, his Republican opponent in the race for the new 22nd District that includes Tompkins County.

Jeff Saperstone of ICTV and Caitlin Connelly of *The Ithacan* will be co-moderators of the debate on Tuesday at 7:30 p.m. in the Center for Natural Sciences, room 112.

The Ithaca College Republicans, Ithaca College Democrats, *The Ithacan*, ICTV, Student Government Association and Office of Student Affairs and Campus-Life will sponsor the event.

### Comedian's presentation to address serious concerns

Larry Omaha will give an address on racism, sexism and bigotry today at 7 p.m. in Emerson Suites.

The former civil rights investigator will give his performance, titled "An Evening with Larry Omaha and Native American Comedy" as part of Native American Educational Outreach Day.

Omaha, who has been on the comedy circuit since 1985, will portray the similarities rather than the differences among different groups in multicultural America.

### Rally and two-mile walkathon to benefit breast cancer group

The ninth annual Ithaca Breast Cancer Alliance Walkathon will be on Friday at 1

p.m. in downtown Ithaca.

Registration for the event will begin at noon at the Center Ithaca pavilion on The Commons.

The walkathon will benefit IBCA and is the organization's largest fund-raising and outreach event of the year.

More than 1,000 participants walked in the 2001 walkathon, raising \$50,000.

A rally will be held in the Women's Community Building following the walk.

For more information about the walkathon, contact IBCA at 277-0960.

### Appointment times extended for senior yearbook portraits

Senior portrait sittings for the 2003 Ithaca College yearbook have been extended into next week.

The photographer will offer portrait times Monday through Wednesday from 9 a.m. to 1 p.m. and 2 to 5 p.m. in Roy H. Park Hall, room 220.

Appointments must be made through the photographer's Web page: [www.mcgrathstudios.com](http://www.mcgrathstudios.com). Under the heading "Sign up for your portrait appointment now," click on the "Schedule Appointment" link. On the first line, enter the school password: IC3.

Only portraits taken by McGrath Studios can be used in the yearbook. An additional session for students currently studying abroad or in the college's Washington or Los Angeles centers will be scheduled in the spring.

### Local center to offer classes in American Sign Language

The Finger Lakes Independence Center will be holding two six-week classes for students with little or no background in sign language.

Jennifer Giroux will teach Beginning American Sign Language Level I on Mondays from 6 to 9 p.m. beginning Nov. 4 and Level II on Thursdays from 6 to 8 p.m. beginning Nov. 7.

The course is \$60 for individuals who sign up before the Oct. 31 early registration deadline and \$70 for those who register after. The textbook required for the course is \$30. For more information, call Satomi Hill, deaf services coordinator, at 272-2433.

## CORRECTIONS

The LGBT Center sponsored "Josh Keenan Comes out to the World," a play which was presented by the Hangar Theatre in Dillingham Center. The information was incorrect in the Oct. 10 issue.

Laurel Beversdorf, Bill Lyons, Will Pinchin and Chris Mollica are seniors and Heather Hill is a junior. Their years were incorrect in the Oct. 10 issue.

The Yankees lost in Game 3 of the divisional playoffs. The game's number was incorrect in the Oct. 10 issue.

It is *The Ithacan's* policy to correct all errors of fact. Please contact Assistant News Editor Emily Paulsen at 274-3207.

## ITHACAN INFORMATION

Single copies of *The Ithacan* are available free of charge from authorized distribution points on the Ithaca College campus and in downtown Ithaca. Multiple copies and mail subscriptions are available from *The Ithacan* office. Please call (607) 274-3208 for rates.

All Ithaca College students, regardless of school or major, are invited to join *The Ithacan* staff. Interested students should contact an editor or visit *The Ithacan* office in Roy H. Park Hall, room 269.

Mailing address: 269 Roy H. Park Hall, Ithaca College, Ithaca, N.Y. 14850-7258  
Telephone: (607) 274-3208  
Fax: (607) 274-1565  
E-mail: [ithacan@ithaca.edu](mailto:ithacan@ithaca.edu)  
World Wide Web: [www.ithaca.edu/ithacan](http://www.ithaca.edu/ithacan)

Online manager — Matt Scerra  
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(Editorial Board listed on Opinion page.)



## Finding a healthy balance



LILLIE JONES/THE ITHACAN

SENIOR KATIE CASEY searches in her refrigerator for something healthy to prepare for dinner in her off-campus apartment.

# Students search for nutritious foods

BY KELLI B. GRANT  
News Editor

During the noon lunch hour, students pack into the three dining halls across campus, lining up for chicken fingers, french fries, bacon cheeseburgers and other favorite entrees.

For junior Nicole Carroll, choosing healthy foods amid so much temptation is tough. Carroll said it is sometimes difficult to find foods that are low in fat.

"I've been eating salad after salad," she said.

Good nutrition is essential to maintaining health and preventing disease, but that doesn't mean all students are getting what they need to be healthy, said Jeanne Lawless, assistant professor of health promotion and human movement. She and other college staff members say students tend to have problems with nutrition as they leave home for college and take their diet into their own hands.

Along with sleep and exercise, proper nutrition is one of the necessary things college students need, but don't often get, said Health Center Director David Newman.

"This is really mom-and-apple-pie kind of advice, but it's true," he said. "If you don't sleep enough hours at night, you'll feel crappy. If you don't eat well, if you live on junk, you won't feel well. You won't perform well physically and mentally."

Dining Services Director Gene Wescott said the dining halls face the difficulty of providing a menu mix that satisfies what students want and that is also healthy. He said the three food staples — pizza, pasta and burgers — are always provided for people's convenience. The trick is getting enough variety and healthy foods in the rest of the menu.

"The healthy choices are there, but I haven't found a magic recipe for students to eat healthy," Wescott said.

To determine the day's menu, Dining Services looks at menus from the previous year to determine which foods were eaten, and how much was made of each item, Wescott said. Students tend to eat in cycles, he said, so it's relatively easy to determine how much to make.

As exams approach, "comfort food" becomes very popular, he said. People tend to

seek low-calorie food in the spring, "when they're thinking about getting into their summer clothes."

To promote nutritious choices, Dining Services offers literature about the offerings, a binder with the nutrition breakdown and a calorie card above each menu item, Wescott said.

Newman said he often receives complaints about dining hall food when students process medical requests for accommodations, which either exempt a student from the meal plan or provide specific dietary requirements for Dining Services to follow.

One senior said he has been off the meal plan for medical reasons since his freshman year. He asked not to be identified because of the nature of his medical problem.

The student said he is required to be on a high-protein diet, and all the dining hall food is too high in carbohydrates for him to eat every day. Now that he's cooking for himself, he said he's spending less money and getting the nutritious foods he needs.

Dining Services works with the Health Center to provide meals for students with special dietary needs. Wescott said they have helped students who need more than three meals a day, or who require specific or specially cooked food for their allergies.

Newman said that of the estimated 15 to 40 special requests he processes each year, most issues boil down to the food not being what students are used to at home — it makes them feel ill, their food preferences are not being met or there is not enough nutritious variety. He said actual situations of food intolerance, such as allergies, are less frequent.

Newman, who eats in dining halls during the week, said he thinks the quality and variety of food offered is "astounding."

"It's the same quality food as you get in any restaurant," he said. "I think it's impressive what they've been able to do."

Lawless, who teaches several nutrition courses, said that although some students in

her classes are critical of the dining halls' menus, she has always found it to offer a good selection. The smorgasbord style, however, may tempt students "to get their money's worth," she said.

**"Instead of going on a diet, students should establish a diet for a lifetime."**

—JEANNE LAWLESS  
Assistant Professor of Health  
Promotion and Human Movement

There are numerous opportunities on campus for students to learn about good nutrition, said Lawless, who teaches an introductory course on nutrition that is open to all majors. Newman said a nutritionist from Elmira Nutritional Services visits the Health Center once a week to meet with students.

The Fitness Center also offers free, confidential nutrition counseling, said Bradley Buchanan, manager of recreational sports programs at the Fitness Center. During an appointment with one of the center's nutritionists, a student's fitness goals and caloric and energy expenditures are examined, he said.

After the student keeps a three-day record of the types and quantity of food they eat, everything is processed through a computer program, Buchanan

said. The nutritionists then analyze the student's current diet and modify it to fit their goals and needs.

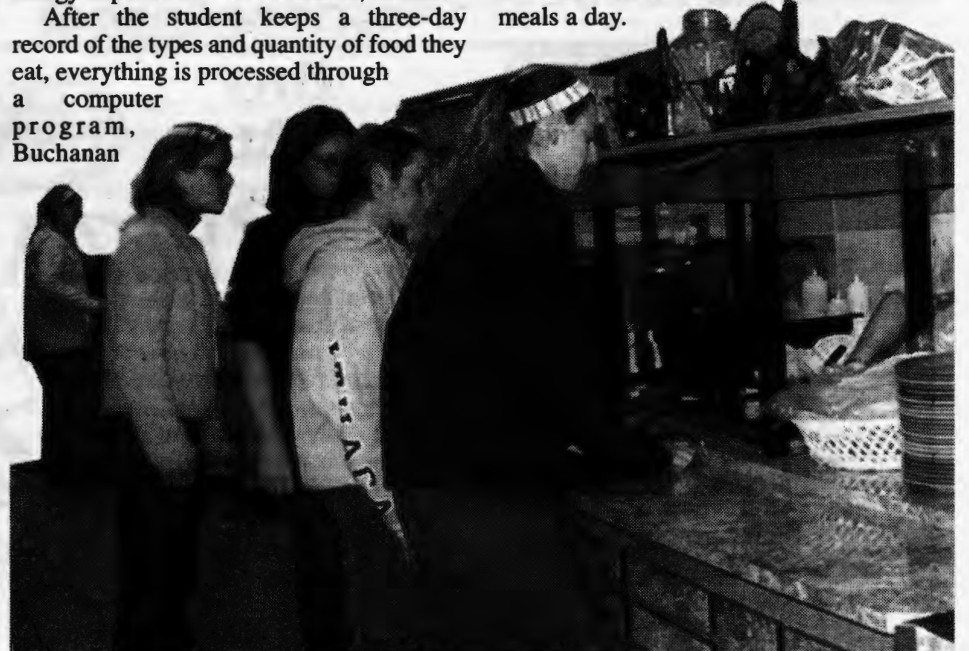
Both Newman and Lawless recommended a plant-based diet with fresh fruits, vegetables and grains. They said students should reduce the amount of saturated and trans-fatty acids in their diet, drink as much water as they can each day and take a multivitamin.

"Look for the colorful foods," Lawless urged. "Those are usually the fruits and vegetables that are low in fat."

The short-term effects of bad nutrition are not always noticeable, Lawless said, but they lay a foundation for chronic disorders later in life. She recommended students educate themselves about healthy foods.

"Instead of going on a diet, students should establish a diet for a lifetime," Lawless said.

Although Newman acknowledged that it is a challenge for students to work meals in around busy schedules, he said it is also very important to eat regularly in some fashion, if not three meals a day.



LAURA BAUMER/THE ITHACAN

HUNGRY STUDENTS WAIT In line for lunch at the Towers Dining Hall.



## Finding a healthy balance

## National statistics reflected on college campus

Continued from Page 1

ders, most of who either do not recognize their problem or do not seek help for it.

Counseling Center Director David Spano said problems with eating disorders and body image are on the rise nationwide. Out of the Counseling Center's 600 cases last year, 45 were primarily related to some kind of body or eating issue. He said students come in with a range of problems from "I'm really not happy with the way I look" to "I'm starving myself to death." Other times the problem comes out through the sessions.

Health Center Director David Newman said the Health Center does not see as many patients with eating disorders as it should, given the statistics. He said the staff currently tracks a small number of students — less than 10 — with eating disorders.

Bad eating habits and eating disorders often stem from low self-esteem and poor body image, said Spano and Deb Harper, assistant director of the Counseling Center. Not all bad eating habits become full-blown eating disorders, Spano said. Behaviors must reach a certain level before they can be classified as clinical eating disorders.

Junior Michelle Smith, who is fund-raising and budget coordinator of BRIDGES, said she first had serious issues with body image when she came to college. Between gaining a little weight and supporting two high school friends who had developed eating disorders, Smith had a tough freshman year.

Though she never developed an eating disorder, Smith said, she began to feel guilty about eating. The problem escalated during her study abroad in body-conscious Argentina last fall, she said, where people walking down the street would call her "gordita" — little fat girl.

Now, no matter how good she feels, eating

is still something that is not controlled. Smith said she searches for justification to be hungry.

"I know this is going to be a lifelong struggle for me," she said. "The internal dialogue that I have every time I go to eat something is, 'Didn't you just eat three hours ago? Are you really hungry now?' All it takes is for someone to look at their watch and say, 'Really? It's only 4 o'clock,' and I'll say 'OK' and have a piece of fruit instead."

For sophomore Kristen Zatina, who cannot remember a time when she was comfortable in a bathing suit, her problems with body image began in early childhood. Throughout high school, she battled first anorexia, then bulimia. After she sought counseling, Zatina began to work her way back to a healthy weight.

Soon after Zatina arrived at college, her best friend from home, who also suffered from eating disorders, committed suicide. Zatina said her friend's death sent her back into the cycle of disordered eating habits.

She would alternate between going to meals where she would eat nothing but cereal, and wild binges where she would eat "a couple hundred Tootsie rolls," she said. Zatina said her combination of anorexia and bulimia frightened and concerned her roommate, causing problems between them. She did all she could to hide her problems, she said.

"I would find myself at midnight going into the woods behind Rowland [Hall] and purging," she said. "I didn't want anyone to see me, and I knew the bathrooms were always busy. I'd be going out in the middle of the night and vomiting all I could, to the point where it hurt, and I was covered in my own vomit."

The turning point came right before Thanksgiving Break, Zatina said, when she blacked out while watching television at a friend's house. She said minutes later, when she had been revived, all she could think

## EATING DISORDERS

• **Anorexia nervosa:** Distorted body image causes people to see themselves as fat even when they are dangerously thin. They compulsively exercise, lose large amounts of weight and refuse to eat or to eat in front of others.

• **Bulimia nervosa:** People eat excessive quantities of food and then purge their body of food and calories through laxatives, enemas, diuretics, vomiting and/or exercising.

about was getting rid of the tortilla chips she had eaten earlier that night.

During Winter Break, Zatina stepped onto the road to recovery. She said her parents and friends have been incredibly supportive and have helped her to see that she doesn't want to spend the rest of her life watching her weight. She said it is tough, though. Even after her five-year battle, she still wants to lose weight and still counts calories.

Harper said that although both men and women suffer from eating disorders, men are less likely to talk about their problems. She encouraged students to examine their habits.

"When your own experience causes you to ask questions about your life ... That's the time to check in with someone," she said.

To help students with eating disorders, the college uses a three-pronged approach of psychological and nutritional counseling and medical attention, Spano and Newman said. Although eating disorders can lead to psychological disorders, the health implications are more of a concern, Spano said.

The Counseling Center staff has also advised friends or roommates about how to ap-



REBECCA GARDNER/THE ITHACAN

**SOPHOMORE KRISTEN ZATINA** sits outside the Roy H. Park School of Communications. Zatina is recovering from bulimia and anorexia.

proach someone who may have an eating disorder, he said. He recommended going to the person and telling them what you have observed, then offering to be there for them.

Rabinowitz and Zatina said you really have to know your friend well to be able to help them with an eating disorder. They said a calm and caring approach is best, with an offer of support.

"Some people, you just say one thing, and it smarts them the wrong way," Rabinowitz said. "Then they just continue down their path of self-hatred and celery sticks."



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## Finding a healthy balance

# Distorted images

## Culture can shape body perceptions

BY KELLI B. GRANT  
News Editor

Thinner hips. Bigger breasts. More defined muscles. Fewer zits.

When college students look in the mirror, many of them are not satisfied with what they see, said senior Jay Tifone. Thanks to a bombardment of negative body images, students often feel they need to improve, he said.

"When you look in the mirror, and you don't see what's in these magazines, you're not satisfied with who you are," said Tifone, who is the support chair for Body Related Issues, Discussion Groups, Education and Support. "That's not healthy."

Body image is the "picture of ourselves in our mind's eye ... coupled with our belief about how others perceive us," according to the Renfrew Center Foundation, a Pennsylvania-based organization that works to educate the public about eating disorders.

Negative self-images can lead students to a variety of problems, from depression and low self-esteem to disordered eating habits and clinical eating disorders, said Deb Harper, assistant director of the Counseling Center. She said doubts about appearance can lead to doubts in other areas of life.

Counseling Center Director David Spano said students feel pressured to fit in with the societal norm. Both he and Harper said the media play a large role in determining "the moving target" of body image.

"It's always about some other look, and that's the problem," Harper said.

She said body images also come from other parts of society, particularly an individual's family. She said that as they grow up, children internalize what they hear and see about fat, dieting and beauty.

Women often feel pressured to have ultra-thin bodies like models and celebrities, said

sophomore Kristen Zatina, who is recovering from bulimia and anorexia.

"The models in Vogue, they are just skin and bone, it sticks out at you," she said. "You think it's beautiful. Sometimes reality hits you and you think 'That's her bone.' We are so unhealthy to think this is beautiful, but it's so gorgeous wrapped in silk and pearls, and that's what you want."

Despite the frequent depiction of body image as a female-oriented issue, males are just as pressured to look a certain way, Tifone said. He said men often feel they are overweight or underweight, and pointed out images in Maxim and Men's Health of the male ideal — toned individuals with "chiseled chins, rippling muscles and no body fat."

"Just look through these magazines," he said. "The depiction of the perfect man. Everything is tight, no fat. We're socialized to believe this is what you're supposed to look like. There's no healthy depiction of a more middle ground there. It's either you're perfect and toned, or you're a blob."

Junior Lindsey Rabinowitz, who has overcome bouts with both bulimia and anorexia, said she tries to look beyond the images presented into what the ad is trying to sell. To avoid negative body images, she changes the television channel during commercials and no longer reads magazines.

When senior Wendy Hildebrandt came to the college as a freshman, she was "in a thin mindset." Hildebrandt, who had lost more than 60 pounds in high school, said she had always associated thinness with popularity.

She said most advertisements present a body standard that is impossible for most people to attain. Spano agreed, and added that even models are retouched and digitally altered in photographs.

"We're comparing ourselves to a standard that doesn't even exist," he said.



PHOTO ILLUSTRATION BY TIANI VELTRI/THE ITHACAN

# College offers eating disorder help

BY KELLI B. GRANT  
News Editor

"My name is Michelle, and today I bought salsa shoes," the young woman says with a smile.

"Oh," she adds, almost as an afterthought, "and I finished my annotated bibliography for Government and Media that's due next week."

Each of the 20 or so students around the table in the North Meeting Room of the Campus Center follow suit, sharing their name and one positive thing about their day. As one of the campus's resources for students with eating disorders or body im-

age problems, the members of Body Related Issues, Discussion Groups, Education and Support strive to increase campus awareness while providing a safe place for students to talk about their experiences.

Junior Lindsey Rabinowitz, president of BRIDGES, said she was inspired to start up the club last year after Katrina Baker '02 created the Student Government Association's eating disorder initiative. Rabinowitz said she felt the issues of eating disorders and body image were too important to not be explored through a campus organization.

"I don't think many things can be done until you create awareness for the problem," she said.

Senior Jay Tifone, BRIDGES support chair, emphasized that the group discusses eating disorders and body image as they relate to both males and females. Tifone said it frustrates him that body image is typically portrayed as a female issue because that perception may prevent men from recognizing an eating disorder.

"They say 'It's not really a male issue,'" he said. "'Men don't binge and purge, men don't starve themselves' — but they do. So if it's not out there, how are they supposed to know that they may be affected?"

As an outreach and education organization, BRIDGES will be organizing events such as movies, tables for Eating Disorder Awareness Week in February and speakers in conjunction with Project Look Sharp and other organizations, Rabinowitz said.

Throughout the year, they will display advertisements in the Campus Center lobby portraying negative body images and collecting student comments about how the ads make them feel, Rabinowitz said. Those ads will then be sent back to the magazines that published them. On Nov. 4-8, the group will be offering President Peggy R. Williams' parking space for two days to the student who can guess the correct number of candies in a jar.

A more private option for students with eating disorders is the Counseling Center's eating disorders group, said Assistant Director Deb Harper, the group's facilitator.

Harper said enough students have expressed body image concerns to warrant a support system, but right now she is trying to find enough of them who can meet at the same time. Once the group is up and running, it will be discussing emotional, behavioral and physical concerns that the students have expressed.

Students who are interested in the group should contact Harper at 274-3136.

# Gaining weight often unavoidable

BY KELLI B. GRANT  
News Editor

The "freshman 15," a dreaded phenomenon among college students, is actually part of perfectly normal weight gain during the college years, according to health professionals.

Health Center Director David Newman said college students tend to gain a little weight their first year at college for many reasons, from growing into their adult bodies to a drastic change in diet because the food is not like what they are used to at home.

Jeanne Lawless, assistant professor of health promotion and human movement, has done research on the "freshman 15." She said the idea of a "freshman 15" is both myth and fact — many students gain weight, but it is more often around 8 to 10 pounds.

When she taught at Bloomsburg (Pa.) University Lawless and her class conducted a survey of 200 students, in which 50 percent reported some weight gain freshman year.

Lawless said she believes college students gain a little weight when they arrive at college because they are under pressure to do so much in classes and extracurricular activities.

"When we're doing so much, it's difficult to pay attention to what we're eating," she said.

According to the National Institutes of Health, body mass index is a way to determine if body fat is within a healthy range. The formula is (weight [lb.] / height [in.]<sup>2</sup>) x 703, with 18.5-24.9 being considered healthy.

Society concentrates too much on numbers and standards to determine ideal weight, Newman said. Most tables for weight indexes come from insurance companies, he said, and the best weight for an individual depends on that individual.

"If they can look at themselves and feel comfortable with what they see and if they feel physically good — they're energetic, they're sleeping well, they're well-nourished — it's hard to improve on that."



TREASURER MICHELLE SMITH, left, and President Lindsey Rabinowitz, both juniors, explain to new members what Body Related Issues, Discussion Groups, Education and Support is all about. BRIDGES is a group designed to help students with eating disorders and body-related issues.



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# Funding issues won't kill 'Rocky Horror'

BY KATE SHEPPARD  
Staff Writer

Students still have the option of doing the "Time Warp" this Halloween because the Ithaca College Players have prevented the death of the annual showing of "The Rocky Horror Picture Show."

The Student Activities Board broke tradition this year, deciding Oct. 7 not to fund the show.

No one is sure how many years SAB has been holding the event in Textor 102, but "Rocky Horror" enthusiast Erin Weisburger, a junior cinema and photography major, said it was shown here in 1979, when her father was an Ithaca College student.

SAB turned away 200 people at the door last Halloween, as the lecture hall had exceeded its 236-person capacity. Despite the popularity of the affair, Executive Chair Gregg Goldstein said SAB did not want to sponsor the event this year.

"The stuff that they traditionally do at 'Rocky Horror,' it's a problem for Ithaca College," Goldstein said.

SAB Adviser Karen Coleman, assistant director for student leadership and involvement, said she received complaints last year from five or six attendees who were upset by what she called "hazing," marking first-time attendees with a "V" for virgin, seating them in the first row and using loud, vulgar language. Students are not always aware of this before attending, Coleman said.

"Hazing is against the Ithaca College policy," Coleman said.

"Rocky Horror" organizers said they had already conceded requests to SAB and decided to do without the rituals for this year's performance. They questioned SAB's allegations that the show's customs were mandatory for attendance.

"None of that was ever forced," cast member Andrew Dahill said. "When someone seemed really upset about it, I



ERICA MILLER/THE ITHACAN  
FAITH KINDLE '02 as Janet and junior Kenneth Andrade as Brad practice for Ithaca College's version of "The Rocky Horror Picture Show" last fall in Textor 102.

would take them aside and say, 'This is part of the show, none of this is real. If you don't want to do it, don't worry about it. Sit wherever you want in there.' Everyone I talked to always understood that."

"We tell the audience that no one can do anything without your permission," said Meredith Rossman, a junior drama major.

Dahill, also a junior drama major, was cast as Frankenfurter for a second year the day before SAB pulled the plug on funding. The show had already been cast when SAB Films Co-chair Steven Sprouse e-mailed the director of "Rocky Horror," junior Stephen Wagner, with SAB's decision.

"Rocky Horror" endorses were not notified of any problems with hazing until it

came time to request funds for this year, cast members said.

Rehearsals were slated to begin that afternoon. With the repeal of funding, room reservations for rehearsals were lost and actors had already spent exorbitant amounts of money on costumes, Rossman said.

Goldstein said that the last-minute notification was the result of miscommunication on the parts of both SAB and the people associated with "Rocky Horror."

Wagner said the time SAB took to decide on funding caused them to lose possible sponsorship from other organizations, including BIGAYLA.

"SAB led us to believe they were going to do that. Then we lost that opportunity,"

Wagner said.

Dahill and other "Rocky Horror" enthusiasts petitioned in the Campus Center Oct. 11, collecting more than 400 signatures at their "Keep Rocky in the Picture" table.

Now, the IC Players have agreed to sponsor the event in order to encourage and support dramatic performances on campus, said President Zack Stipe.

However, the last-minute nature of the decision has made arrangements difficult. With just a week before Halloween, the movie rights, Student Auxiliary Safety Patrol and custodial staff are still not secured.

The performance, which was held three nights last year, is only available on Halloween this year because Textor 102 is reserved for other purposes on other nights. Stipe said the players are still looking into reserving the room for a second evening so they can recover the money lost by taking on the venture.

Goldstein said the expense of "Rocky Horror" was another deciding factor in SAB's decision.

The event has not been profitable, as it cost SAB \$1,198.15 last year and brought in only \$507.50, about the same amount a double feature made this year.

Some fans said they see the funding controversy as evidence of larger issues on the Ithaca College campus.

"I don't see anybody have any fun anymore that isn't intoxicated. All people do is do their work and drink," Dahill said.

Goldstein said SAB is not obligated to fund "Rocky Horror."

"Yes, our mission statement says we provide activities for the entire campus, but there is nowhere in any constitution of ours that says SAB has to sponsor this program," he said. "God bless them if this is the only tradition broken in [their] lifetime."

But some fans said they will not let the setbacks dampen their Halloween tradition.

"The passion will drive them even harder," Wagner said.



College Circle outside view

College Circle  
Apartments  
Open House  
Round out your  
Residential Experience



College Circle sample floor plan

The Office of Residential Life announces the first  
2002-2003 College Circle Apartments Open House on

*Wednesday, October 30th from 6-8pm*

Tours of various apartment types will be available. Stop by with your family after the football game and show them our newest housing option!

Questions? Call the College Circle Office at 274-1474.

Shuttle service is available throughout campus:

departs from	time
Rowland parking lot	6:00, 6:30, 7:00, 7:30
Quad tennis courts	6:05, 6:35, 7:05, 7:35
Terrace Circle	6:10, 6:40, 7:10, 7:40
Towers Concourse	6:15, 6:45, 7:15, 7:45
College Circle Apartment	6:20, 6:50, 7:20, 7:50*

\*departs for main campus at 6:25, 6:55, 7:25, & 7:55.





## Election 2002

A political debate  
between the candidates  
for the 22nd District  
in New York



**Tuesday, Oct. 29 at 7:30 p.m.**  
**Center for Natural Sciences, Room 112**



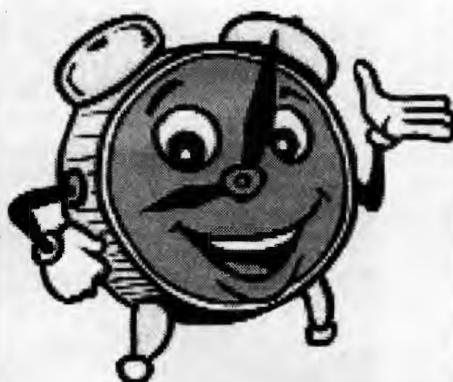
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## Senior Class Happy Hour



**When:**  
November 25  
7:30 p.m. - 10 p.m.

**Where:**  
Chanticleer  
101 W. State Street

**Cost: \$3**

Buy  
a Senior Card at  
the door for \$10, and  
you can get in this  
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**DRINK SPECIALS**  
7:30- 8:30 p.m.

**Must be 21 or  
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**Sponsored by the Senior Class**

## Planning to study abroad?



If you plan on studying abroad during the SPRING 2003, on any affiliated or non-affiliated program, Ithaca College requires that you complete paperwork, including a Study Abroad Approval form and Petitions for Transfer Credit, prior to your departure. If this paperwork is not completed, you will not be able to receive credit for your study abroad program

**ALL STUDENTS PLANNING TO STUDY ABROAD IN THE SPRING OF 2003  
MUST NOTIFY THE OFFICE OF INTERNATIONAL PROGRAMS BY  
FRIDAY, NOVEMBER 1, 2002.**

**STUDY ABROAD PAPERWORK MUST BE TURNED IN TO THE OFFICE  
OF INTERNATIONAL PROGRAMS BY FRIDAY, NOVEMBER 15, 2002.**

**All Spring 2003 study abroad students  
must attend a study abroad orientation session.**  
*There will be four orientations held.*  
*Make sure you attend one!*

★Thurs., Nov. 7, 12:10-1:05, Textor 103★

★Wed., Nov. 13, 6:00-7:00, Textor 103★

★Tues, Nov. 19, 5:00-6:00, Textor 102★

★Thurs., Dec. 5, 12:10-1:05, Textor 103★

For more information, contact the Office of International Programs  
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# Canadian education, eh?

BY JULIE STEPHENS  
Staff Writer

Increasing numbers of American students are heading north — choosing to cross the border to attend Canadian universities.

The Canadian Embassy in Washington D.C. estimated earlier this month that the number of U.S. citizens enrolled at major Canadian universities increased by 86 percent over the last three years to about 5,000 students. It reported that students are drawn to lower tuition costs, high academic standards and Canadian urban centers.

Betsy Wang, a resident of Niskayuna, N.Y., was drawn to all these factors and enrolled as a freshman at McGill University in Montreal this fall.

"I chose McGill partly because of the location," Wang said. "Montreal is a great city."

The high academic standards at McGill, which calls itself the "Harvard of Canada," and the diversity of the student body drew her to McGill, she said.

Wang said tuition, room and board cost \$9,000 to \$10,000 in U.S. dollars for international students, about the same amount that a New York resident pays to attend a state college in New York.

Bruce Smith, associate professor of biology at Ithaca College, taught at the University of New Brunswick in Fredericton from 1985 to 1990. The significant difference in cost plays a role in students choosing Canadian universities over American universities, he said.

Smith said that while the cost of attending Canadian universities is significantly lower, the degrees offered are different from those offered at many of the American liberal arts colleges. Many students do not want to take courses outside their majors, Smith said, so they are drawn to universities like the University of Toronto and the University of British Columbia, where there are no liberal arts requirements.

Canadian officials claim that academic integrity has not been sacrificed for inexpensive tuition, made possible by national government

subsidies, according to The Detroit News. When considering American students for acceptance, some Canadian universities such as McGill and Toronto require minimum scores on the SAT, which is not widely used north of the border.

While the numbers of American students enrolled in Canadian universities are increasing, some Canadian students are drawn to American universities as well. According to the Office of Institutional Research, Ithaca College has seven undergraduate and two graduate students from Canada.

Larry Metzger, dean of enrollment planning, said Ithaca College has outreach programs for Canadian students, but the exchange rate makes it difficult for Canadian students to attend college in the United States.

Junior Peter Grandey said he wanted to go to a school on the East Coast of the United States. Grandey, who is from Saskatoon, Saskatchewan, said he came to Ithaca to major in journalism because of the Roy H. Park School of Communications' good reputation in Canada.

"I looked at several schools on the East Coast and chose [Ithaca] because of its credentials," Grandey said.

He said that depending on where students attend, they are going to encounter an entirely different culture.

"Say you go to McGill, for example: You are going to get French-Canadian, which is amazing," Grandey said. "Montreal is a great city. At the University of Toronto, you are going to get Canadian and American culture because it's right on the border with Buffalo. There are a lot of places you are going to get a lot of good Canadian culture, because Canadians revolve around ethnicity."

According to The Buffalo News, other American universities are also attempting to increase the number of Canadian students. D'Youville College in Buffalo is discounting the tuition for Canadian students by 20 percent. D'Youville has been attempting to increase the number of their graduates and undergraduates for a decade.

## DRIVING DRUNK



SARAH SCHULTE/THE ITHACAN

PATROL OFFICER RICHARD CURTISS guides freshman Maria Karastergiou as she drives a golf cart through an enclosed course wearing goggles that simulate the experience of driving drunk. For students who missed the demonstration Tuesday, another will be held today from 11 a.m. to 2 p.m. in the Academic Quad.

## AN EVENING WITH MEDESKI MARTIN AND WOOD



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102 Muller Center for  
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APPLICATIONS DUE FRIDAY NOV 1ST, 2002



# Speakers discuss alcohol problems

BY SHARON BRANDMAN  
Staff Writer

Faculty should educate themselves about campus alcohol use and work with students to help solve alcohol-related problems, said speakers at a faculty colloquium presentation Tuesday.

Directors within the Office of Student Affairs and Campus Life highlighted consequences of alcohol abuse in the open discussion with faculty held as part of Alcohol Awareness Week.

Priscilla Quirk, coordinator of health promotion and substance abuse prevention programs, moderated the presentation.

"I think sometimes faculty members might not be aware of what happens on the weekend," Quirk said.

According to the Core Alcohol and Drug Survey given to students in February 2001, 30 percent of Ithaca College students are frequent, heavy drinkers.

Quirk said the college offers a good network of services that address high-risk drinking, but faculty awareness needs to increase across the campus.

Speakers from the offices of Residential Life, Judicial Affairs and Public Safety as well as the Counseling and Health centers provided background on how each sector deals with alcohol problems.

Residential Life and Judicial Affairs Director Bonnie Solt Prunty identified dramatic increases in judicial referrals over the last year. As a result of the col-

lege's heightened policy on alcohol use, put into effect in Fall 2001, the number of reported alcohol-related incidents more than doubled, she said.

During the 1999-2000 school year, 293 cases involving alcohol use were reported. The following year, that figure reached 721 cases. Although statistics are not yet available for this year, Prunty said she expects them to be similar to last year's statistics.

Alcohol-related referrals made up 14.5 percent of judicial affairs cases in 1999-2000. That number increased to 36.5 percent in 2000-2001.

One of the Office of Judicial Affairs' newest programs is the Substance Use Reduction Education (SURE) program, in which it collaborated with other health-promoting offices.

SURE, which began this fall, offers students with repeat offenses group meetings to discuss reducing their alcohol use.

"We are very excited to see what kind of impact the program will have," Prunty said.

Public Safety Director Robert Holt discussed the enforcement of alcohol policies. Public safety officers wrote more than 400 tickets already this academic year for alcohol-related violations, doubling last year's number.

Holt said officers must deal with assault, property damage and theft, which often occur because of alcohol consumption.

The officers often transport students to the Health Center when



STACEY COBURN/THE ITHACAN

**PRESENTERS DISCUSS** student alcohol use at a faculty colloquium Tuesday. They are, from left to right, Priscilla Quirk, coordinator of health promotion and substance abuse prevention programs; Bonnie Solt Prunty, director of residential life and judicial affairs; David Spano, director of the Counseling Center; and Robert Holt, director of public safety.

their intoxication levels become dangerous, he said.

Health Center Director David Newman presented statistics on students admitted to the Health Center for alcohol use and said the majority of the cases were freshmen. They were most often admitted between the hours of midnight and 4 a.m. Newman said the significant number of freshmen raised flags among the Health Center staff.

"We need to do more work in follow-up," Newman said, wanting to look into family history and other possible risk factors of incoming students. Newman said college staff had no way of knowing the al-

cohol problems that many freshmen had in high school.

Sophomore Sheila Katz, president of the Residence Hall Association, said familiarizing faculty with the available services for students helps faculty be a responsive outlet for students.

Professors who routinely face hung-over, high-risk students can help them if they are more aware of the plans of action available on campus, Katz said.

"The first step is recognizing that students who have problems with alcohol do not just affect residence halls," she said. "[The problems] can also affect academics, and that is

where faculty members come in."

Susanne Morgan, associate professor of sociology, stressed the importance of faculty involvement. She said many professors are concerned about student alcohol problems and would like to offer better guidance.

"We are community members, so at some level whatever is going on anywhere, we are a part of that," she said.

Morgan said that by educating themselves about the alcohol programs and facilities available on campus, faculty members will be better able to help students address alcohol problems.

## NO CLASSES 10/26

*"If it hasn't yet, Breast Cancer will touch you or someone you know."*

## WALKATHON

### 2002



GET WALKING

Saturday, October 26th  
1:00 - 2:00 p.m.

Center Ithaca Pavilion  
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sponsored by:  
Ithaca Breast Cancer Alliance

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Enter to win one of six pumpkins  
when you purchase one of the following:

**La VINCITA**

2 slices of pizza and  
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Oct. 6-10

# Select Public Safety Log Incidents

**Oct. 6**

• Criminal mischief  
Location: Emerson Hall  
Summary: Caller reported damage to an exit sign. Case under investigation. Sgt. John Federation.

**Oct. 7**

• Criminal tampering  
Location: Lyon Hall  
Summary: Fire alarm. Officers found an activated smoke detector. No smoke or fire. Detector appeared to have been hit. System reset. Case under investigation. Patrol Officer Bruce Holmstock.

• Criminal mischief  
Location: College Circle Apartments  
Summary: Caller reported damage to fence. Case under investigation. Patrol Officer William Kerry.

• Larceny  
Location: College Circle Road  
Summary: Caller reported theft of apartment sign from the main entrance. Sign was last seen Oct. 4 at 6 p.m. Case under investigation. Patrol Officer William Kerry.

• Making graffiti  
Location: West Tower  
Summary: Caller reported bias-related/anti-Semitic graffiti written on poster. Case under investigation. Sgt. Ronald Hart.

• Criminal mischief  
Location: L-lot  
Summary: Student Auxiliary Safety Patrol reported that a vehicle windshield was broken and a bias-related/homophobic remark written in dust on the hood. Case under investigation. Patrol Officer Robert Hightchew.

**Oct. 8**

• Conduct code violation  
Location: Clarke Hall  
Summary: Officer reported excessive noise. One referred for judicial action for alcohol policy and noise violation. Security Officer Amy Chilson.

• Larceny  
Location: West Tower  
Summary: Caller reported a couch stolen from the kitchen. Case under investigation. Patrol Officer William Kerry.

• MVA  
Location: College Circle Road  
Summary: Caller reported MVA with property damage. Patrol Officer William Kerry.

• Suspicious person  
Location: Gannett Center  
Summary: Caller reported seeing a suspicious person Sept. 30 at about 5 p.m. Case under investigation. Investigator Thomas Dunn.

• V&T violation  
Location: F-lot  
Summary: Report of an unknown vehicle hitting another vehicle and leaving the scene. Case under investigation. Sgt. Keith Lee.

• Conduct code violation  
Location: L-lot  
Summary: Caller reported subjects refused to comply when asked to leave a restricted area at the soccer field. Three referred for judicial action for failure to comply with college official. Sgt. Keith Lee.

• Larceny  
Location: Terrace 12  
Summary: Caller reported parking sticker

stolen from vehicle. Case under investigation. Patrol Officer Robert Hightchew.

**Oct. 9**

• Found property  
Location: Hill Center  
Summary: Caller found jacket. Property turned over to Office of Public Safety.

• Criminal mischief  
Location: West Tower  
Summary: Officer found damage to exit sign. Case under investigation. Patrol Officer Richard Curtiss.

• V&T violation  
Location: E-lot  
Summary: Officer reported that a vehicle appeared to have been hit by another vehicle. Officer confirmed hit-and-run with owner. The second vehicle is unknown. Case under investigation. Patrol Officer Donald Lyke.

• Assist other agency  
Location: Route 96B  
Summary: 911 center requested assistance with complaint about an injured deer. Officer located and dispatched animal. Patrol Officer Frederick Thomas.

**Oct. 10**

• Criminal mischief  
Location: Eastman Hall  
Summary: Caller reported vending machine damaged by unknown persons. Case under investigation. Patrol Officer Richard Curtiss.

• Unlawful posting  
Location: Terraces — all  
Summary: Caller reported person hanging unauthorized posters. Person located and restricted from campus. Patrol Officer Bruce Holmstock.

• Found property  
Location: Center for Natural Sciences  
Summary: Caller found two keys with a vehicle remote. Items brought to Public Safety.

• Medical assist  
Location: Terrace 6  
Summary: Caller requested assistance for person with severe abdominal pain. Ambulance transported person to CMC. Patrol Officer Robert Hightchew.

• Conduct code violation  
Location: College Circle Apartment 5  
Summary: Caller reported loud noise. One referred for judicial action for underage possession of alcohol and responsibility of guests. Patrol Officer Donald Lyke.

• Fire alarm  
Location: Terrace 8  
Summary: Fire alarm. Officers found activation of smoke detector was caused by burned food. System reset. Patrol Officer Richard Curtiss.

For the complete Public Safety Log, visit [www.ithaca.edu/ithacan](http://www.ithaca.edu/ithacan).

**KEY**

CMC — Cayuga Medical Center  
DWI — Driving while intoxicated  
IFD — Ithaca Fire Department  
IPD — Ithaca Police Department  
MVA — Motor vehicle accident  
RA — Resident assistant  
TCSD — Tompkins County Sheriff's Department  
V&T — Vehicle and traffic violation

# ~~Get a life.~~

# ~~Get a haircut.~~

# Get a job.

(One out of three ain't bad.)

**Career Fair**

Learn about job and internship opportunities; sign up for interviews to be held the next day. Enter to win prizes!

**Tuesday, October 29**

11:00 a.m.-2:00 p.m.  
Emerson Suites, Phillips Hall

**Day of Interviews**

Meet with prospective employers for private, one-on-one interviews for jobs and internships (interviews must be scheduled on October 29).

**Wednesday, October 30**

8:00 a.m.-4:30 p.m.  
Emerson Suites, Phillips Hall

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**Career Days  
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## Quote of the week

"I figured out that we have to speak out in our own language in order to have a distinct sound — if everybody writes the same, then you don't work as a bridge." — Chen Yi, Page 17

# The Ithacan Opinion

THURSDAY  
OCTOBER 24, 2002  
PAGE 12

## Editorials

### Deflating grades

*College should remove A+ from scale*

Ithaca College needs to raise the academic bar. The statistics speak for themselves: Nearly half the grades awarded in the 2001-2002 academic year were in the A range, according to the Office of Institutional Research. That means faculty give roughly as many A grades as all other grades combined.

One obvious way to increase standards is to eliminate the A+. While it constitutes only 5 percent of all marks, its absence could have a tremendous effect. This is where the responsibility lies with the faculty. Professors would need to adjust their grading scales and give A's to the outstanding few who received A+ grades in the past. A's would, at last, go to the students who are the best in the class.

This rise in standards would provide an incentive for students to work harder. It might just be enough to motivate them to go the extra mile in order to keep their GPAs as close to 4.0 as possible. With the elimination of the A+, the college would also be giving students' degrees a competitive edge. Only one other school in the Association of New American Colleges (to which Ithaca College belongs) still awards A+ grades.

In an ideal world, the demise of the A+ would end grade inflation. But realistically, more will need to be done. Students need to change their attitudes and realize that they are not entitled to an A for anything but the best. Faculty proposals to index transcripts and change the pass/fail system should move forward. And it may be time for every academic department to have a serious discussion about what constitutes A-level work.

Educators must reach a consensus about the definition of excellence at Ithaca College. Because if students keep getting A's in exchange for average work, then Ithaca College might as well change its motto to "commitment to mediocrity."

### Democracy at work

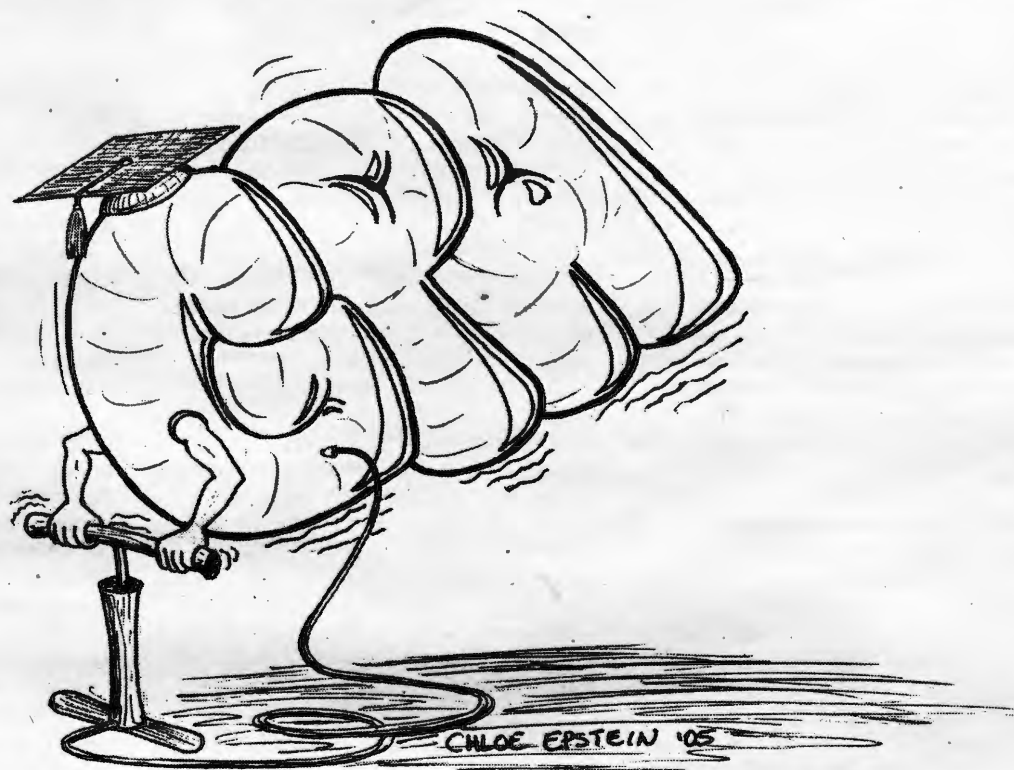
*Students unafraid to demand change*

At its second meeting of the year, the Student Government Association did something important. Representatives took a controversial stand on the most pressing international issue of our day. Doing so put them at the forefront of the movement against war on Iraq.

While their resolution may not directly affect the federal government's war preparations, it has set a remarkable tone for producing change during this academic year. The decision serves as a model for how representative government works. Even if some students don't agree with the position SGA took, their representatives deserve respect for exercising the democratic process. Students circulated petitions, invited the student body to the meeting and debated for hours.

Some may think it was not SGA's place to take a position that not everyone in the student body holds. But that is the reality of representative government, and it underscores the need to take even student government elections seriously.

For those who are unhappy with members of Student Congress or U.S. Congress, let recent actions serve as a reminder that elected representatives hold the power to change the course of the world. As November elections approach, it's crucial to vote — and vote wisely.



## Letters

### Congress is out of order

Regarding the decision made Oct. 8 by SGA to formally adopt an anti-war-on-Iraq position, I would like to say this: You have no power to assume the right to represent me nor the rest of the student body on this issue. You are no better than a student club recognized by the college as acting in the students' best interest with respect to campus issues. Merely placing the word "government" in the title of your club does not extend your role beyond campus boundaries to national and international affairs.

I say this not just because I disagree with your logic on this issue, but with the realization that even if my views were 100 percent congruous with those of SGA, I would still not want you expressing my political leanings. If you want to debate Fountain Day or reform campus alcohol policy, then you are more than welcome to act on my behalf as well as the rest of the student body. But to make a public statement declaring how you THINK we feel on a world issue not directly involving this campus is an abuse of power, and I will not serve your agenda.

And with that, I would like to ask the SGA that when you get your propaganda — I mean "declaration" — printed, that you include as a mere footnote, "with dissent from Lucas Carboni." Thank you.

LUCAS CARBONI '03

### Applause for activists

I write to commend the students of Ithaca College for their forthright and courageous stand against a pre-emptive war on Iraq.

In the '60s, activism on campuses made a difference in the struggle for civil rights and against war in Vietnam. In the '80s, activism on campuses made a difference in the campaign against apartheid in South Africa. Today, graying people from the '60s and '80s generations are asking, "Where are the students?"

As a campus chaplain, I am proud of the bold stand the Student Government Association took in its vote in the wee hours of Oct. 9. I am glad that some students will be traveling to Washington, D.C., this weekend to make their voices heard in protest against military intervention that only escalates terror and human suffering. And I am still deeply

moved when I recall the candlelight vigil in memory of all who have died in Israel in the latest intifada, a vigil held on Sept. 29 by Students for a Just Peace. Their ability to give voice to their compassion and concern was remarkable.

By becoming politically active, college students come of age in this new millennium can insist upon creative, non-violent approaches to conflict resolution. This is not only realistic and practical, but imperative. Committed activists at Ithaca are leading the way. May they be an inspiration to other young people across the nation to take up the cause.

Margaret Mead once said, "Never doubt that a small group of committed citizens can change the world. Indeed, it is the only thing that ever has."

THE REV. ALLISON STOKES  
Protestant Chaplain

### Stolen signs cost more

After 15 years of wildlife control and rescue at IC with no bad experiences, my new truck signs were stolen in O-lot. I had replaced "wildlife control" (with a fox) with "feral cat services" (with a cat).

Am I writing to condemn the thief? Nope.

I'm writing to thank the ICES students fostering Roman, an IC-rescued cat; the professor who donated \$200 this month; the Counseling Center administrator fostering Tyler, a kitten rescued Oct. 10; the environmental health and safety officer adopting Tyler; students and staff who recently signed up to foster; Public Safety and Physical Plant for rescuing a cat from the Terrace 1 "pit" on Oct. 9; "Stick Your Neck Out" for publishing our foster appeal in its newsletter; countless community members who have adopted cats; students who honor the college "no pet" rule (lost student pets are the source of feral kittens on campus); biology, Public Safety and provost's office for tolerating rescued critters under my desk.

To the new owner of my signs — it should be comforting to know you are the only black spot on 15 years of IC community involvement in animal management. I guess IC is a pretty safe place to be.

The new signs cost \$130. They had already generated two inquiries from people who needed help with wild cats. Since you liked them, send a money order to Wildrun, P.O. Box 415, Spencer, N.Y.

14883. Or mail the signs. If we have to replace them, \$130 means one less wild kitten helped. Visit the Web site on the signs ([www.americanat.org](http://www.americanat.org)). Imagine the money it takes to neuter, feed and house all those furballs and reflect on exactly who you robbed. It wasn't me.

SUSAN GREENE '86  
Biology Lab Technician

### Team misportrayed

I am writing in response to Mario Fontana's column that appeared in the Oct. 3 issue of *The Ithacan*, "Just because they run doesn't mean I have to." This is by far one of the most narrow-sighted and most poorly written articles I have ever seen. Not only does he belittle us, but he mocks a sport that receives little to no recognition, despite being one of the best and most consistent athletic teams on this campus over the last couple of years.

Furthermore, he inaccurately describes the hard work and dedication that goes into our training, and last time I checked, having your facts straight is one of the most important guidelines of journalism. But I guess Mario apparently would rather watch his pornos than make the "long" trek up to the cross country course to see what our speed workouts actually are like or look in the paper that employs him for the results from our meets.

RYAN MANCINI '04

### Information is missing

Before claiming that Title IX is a quota system in his column, David Donovan should have read through the criteria for compliance with Title IX as he would have us believe he did.

Donovan says the safest way for a college to comply with Title IX is via proportionality. This infers that there are other ways to comply, which he neglects to mention.

In fact, there are two other ways to comply: having a history of progress towards equality or meeting all interests and abilities. Only one of these three tests needs to be met. What makes proportionality the "safest"? Only Donovan knows. So, if a college can pass one of the other tests, neither of which deals with proportionality, why do some insist on

See LETTERS, Page 25

## The Ithacan

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## Another Angle

# Saddam Hussein loses in battle of character

Today's popular chorus from the smug intelligentsia on the issue of Iraq is the suggestion that George W. Bush and Saddam Hussein are moral equivalents. That idea on its face is laughable.

Saddam has used chemical weapons upon his own citizens. Bush used a deadly tax cut, showering money upon taxpayers. Think of all of the dangerous firearms that lowly citizens could acquire with their rebate check.



KYLE CLARK

Guest Writer

Saddam has a prison for infants in Baghdad — their only crime being their parents' opposition to the regime. Bush has no such facility in which he plans to incarcerate Al Gore Jr. In fact, Bush's own children are more likely to end up with an overnight in the tank as opposed to any of his political enemies.

Bush's critics allege that he rose to power illegitimately. He certainly didn't get 100 percent of the vote, with 100 percent of eligible voters casting a ballot, as Saddam did last week.

If there is any doubt that Iraq is willing to spout the most absurd untruths, how about the previous claim? If every single Iraqi voted for Saddam, why is there need to arrest, torture and execute dissidents? This does not happen in America; if it did, Maureen Dowd would be bullwhipped in a subterranean jail beneath the Capitol. Iraqi dissidents end up dead; American liberals get shows on CNN.

Why no international coalition? Most nations know that Iraq's first attack will come against the United States, so they are perfectly willing to practice appeasement until Saddam points a missile in their direction. No history lesson should be needed on the effectiveness of appeasement.

Those who argue that U.N. weapons



STUDENTS PACK Textor Hall earlier this month as the Student Government Association debates the Iraq resolution.

LIZ VETRANO/THE ITHACAN

inspectors must be the first step are correct; they are just 10 years behind. The inspectors in Iraq since 1991 have failed miserably, as pointed out by Iraq's chief weapons expert who defected carrying a list of nearly 400 nuclear sites, including some presidential palaces. Today's inspectors are still barred from the palaces, some of which are the size of London. One decade of "inspections" has failed, and so will two.

The Student Government Association's anti-war resolution is unlikely to be read by anyone in Congress, but at least it smashed that damaging stereotype that all college students are flag-waving warmongers. A suggestion from a humble constituent: Leave national security to those in Washington and declare war on Ithaca College's own "axis of evil": rising tuition, horrendous parking and a

ridiculous telephone plan.

As usual, the Student Handbook has several valuable insights to offer. SGA is loftily described as a "recommending body." Perhaps it was such empowering language as "recommending body" that has led SGA to draw conclusions on national security issues.

The handbook goes on to chirp, "If the political world off campus is more your style, you'll want to check out the Politics Club or Model United Nations."

Perhaps SGA's next resolution should be to amend that line to include its own name. It's either that, or be forced to tackle an on-campus issue.

Kyle Clark is a sophomore journalism major. E-mail him at [kylebclark@hotmail.com](mailto:kylebclark@hotmail.com).

## On the Contrary

### Finding affirmation on a frozen pond

"In a land so inescapably and inhospitably cold," essayist Stephen Leacock wrote, "hockey is the chance of life, and an affirmation that despite the deathly chill of winter we are alive."



SAMI KHAN

There is something about the way a hockey rink feels on a cold day in early autumn: The sight of eager children lacing up, maybe for the first time, and the

unmistakable sound of just-sharpened skates cutting across the freshly made ice. Maybe it's that nervous anticipation — knowing that the season is just starting and anything can happen.

During a hockey game, whether it's on a pond outside of Shawinigan or at the Montreal Forum, everything else is unimportant. Nothing else matters except that moment in the 200-by-85-foot space between the boards.

And, of course, hockey is crude and violent and an expression of male angst, and it trains us to view everything in binaries, and all those things cannot and should not be ignored. But I think that the connection people have with the game can teach us something that might translate into other realms of our lives.

Hockey fans have an insight and a passion for the game that, if it was translated into the "real world," would most certainly result in being labeled treasonous, seditious or unpatriotic.

You may know that sports were developed by wealthy elites in order to distract and disenfranchise the working class and the poor. It was thought that if the lumpen masses were trapped in ice rinks during the winter and baseball parks during the summer, they would be too busy to engage in a workers' revolution.

The irony of ironies would be that our redemption might come from a sport like hockey. Maybe I'm asking too much of a little game with a rubber puck, but realism be damned.

How do we get to a point where people care as much about the global AIDS crisis or universal human rights as they do about the salary negotiations of a hockey announcer?

Caring is a tough thing — it means you take responsibility for doing something when there is an injustice. But as long as we keep on going the way we're going, we're doomed. Doomed to pillage and plunder the planet until nothing is left except the remnants of our own vanity (including sports).

Can we learn to tear down the class, gender, racial and religious boundaries that have separated us for so long? How can our shared experiences like hockey help get us there?

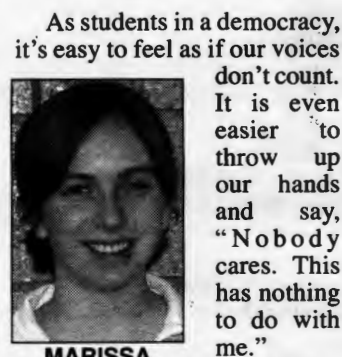
I read, not long ago, that the famed dissident Noam Chomsky who once derided sports for "engendering jingoist and chauvinist attitudes" has started fulfilling a "secret dream" going to pro basketball games with his grandson.

I don't have the answers to translating a passion for hockey into a desire to end injustice — I don't even know if I'm asking the right questions. All I know is that the affirmation Leacock wrote of can only happen in a world that is worth affirming. One more thing: Go Leafs.

Sami Khan's On the Contrary appears in this space every other week. E-mail him at [skhan1@ithaca.edu](mailto:skhan1@ithaca.edu).

## The Way I See It

### Individual expression is vital to democracy



MARISSA LANDRIGAN

Guest Writer

As students in a democracy, it's easy to feel as if our voices don't count. It is even easier to throw up our hands and say, "Nobody cares." This has nothing to do with me.

Though it may not seem to affect us directly, war with Iraq is arguably the most important current political issue. As citizens in a democracy, we have a responsibility to understand all facets involved in this decision.

The United States government has made its message clear: Saddam Hussein is an immediate threat to our country. But the facts behind this declaration are questionable.

First, the government has indicated Saddam's rebuilding of nuclear weapons sites as a threat, but has provided no

evidence that any new weapons are being housed there. Iraq is not an air threat — its air force was almost completely destroyed in the Gulf War, and the pilots it currently has are untrained.

The threat Saddam presents is not as immediate or even definite as the government has made it seem.

The government cites Saddam as a threat to his neighbors and his own people, yet none of the countries bordering Iraq are pushing for war. Many leaders in the Middle East have spoken out against escalated military action by the United States.

In fact, U.S. action would probably be more threatening to the people of Iraq.

The only way we can be sure Saddam is a threat is through thorough weapons inspections, which the U.N. is ready to provide and Saddam would allow. Our government would rather leap into direct military action.

Beyond being informed, it is the duty of every citizen within our democracy to make



DAVID ROSS/THE ITHACAN

ITHACA RESIDENTS AND STUDENTS march in a rally protesting war with Iraq that left from the Farmer's Market and ended in The Commons Oct. 12.

his or her voice on each issue heard. That is exactly why our Student Government Association had the right and the responsibility to vote on the resolution regarding Iraq. As constituents, we wanted to send a clear message to our U.S. representatives.

The case has been made that SGA has more immediate issues that directly affect campus life to vote on. However, the war on Iraq will affect every student somehow, whether through the estimated billions of dollars the war will cost or the possibility of a draft or Iraqi retaliation on this country. This war is a nationwide decision; every citizen must take part.

Democracy is up to us, as individuals, to put into practice. So while a college student government may not seem like a forum for discussion of foreign policy, it must be if our democracy is to function as it was designed. It sets an example for every student and every citizen — democracy only works if you make it work.

We, as students, cannot silence our voices because we think they will not be heard. We can make the government hear us, and we must.

Marissa Landrigan is a sophomore writing major. E-mail her at [mlandril@ithaca.edu](mailto:mlandril@ithaca.edu).





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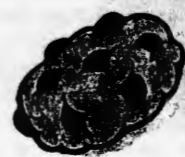
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Watch for our information table in the campus center beginning in November. We'll be answering questions and giving seniors access to the online community.

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**Mushroom Ragu**

- 2 cups onion, diced
- 2 cups red pepper, destemmed, deseeded, and diced
- 2 tbs. olive oil
- 2 tbs. garlic, minced
- 1-10z. baby bella mushrooms, washed, cut in half, and sliced
- 1-8 oz. shiitake or button mushrooms, washed, cut in half, and sliced
- 1-28 oz. can crushed tomatoes
- 1 bay leaf
- 1/2 tsp. salt
- 1/4 tsp. freshly ground black pepper
- 1/4 tsp. crushed red pepper flakes
- 1/4 cup freshly chopped basil
- 1/4 cup freshly chopped parsley

In a large saucepan, sauté the onion and red pepper in olive oil for three minutes to soften. Add the garlic and sauté an additional two minutes. Add



both types of mushrooms and sauté for five additional minutes. Add the crushed tomatoes, bay leaf, salt, pepper and red pepper flakes and stir well to combine.

Cover, reduce the heat to low, and simmer for 20-25 minutes or until the mushrooms are tender. Add the basil and parsley and simmer an additional five minutes. Taste and add additional salt and pepper, if needed. Serve as a sauce for pasta, polenta, grains or main dishes.

Variation: Add a little red wine to the simmering sauce, if desired.

Serves six.

**Double Soy Happiness Vegetable Slaw**

- 6 cups assorted greens, washed and torn into bite-sized pieces
- 4 cups savoy cabbage, shredded
- 2 cups red cabbage, shredded
- 2 cups carrots, shredded
- 1 cup red pepper, destemmed, deseeded and diced
- 1 cup mung bean sprouts, rinsed
- 1 cucumber, cut into quarters lengthwise and diced
- 3/4 cup green onions, sliced
- 1/2 cup Peanutty Miso Salad Dressing
- 1 cup frozen shelled edamame, thawed
- 1 cup Baked Five Spice Seasoned Tofu, cut into quarter-inch pieces
- 1/4 cup freshly chopped parsley

In a large bowl, place the assorted greens, savoy cabbage, red cabbage, carrots, mung sprouts, cucumbers and green onions, and toss well to combine. Drizzle 1/2 cup Peanutty Miso Salad Dressing over the vegetable mixture and toss gently to coat them with the dressing. Add the edamame, seasoned tofu and parsley, and toss gently again. Drizzle additional Peanutty Miso Salad Dressing over individual servings.

Serves six to eight.

Source: [www.veganchef.com](http://www.veganchef.com)



# Feast or famine

*Vegans struggle to find food that fits their diet*

BY PAIGE WILLIAMS  
Staff Writer

Sophomore Jessica Murray walks through the Terrace Dining Hall. Her mission? To find something she can eat.

She stops first at the general food station, passing up pasta containing cheese and rice made with chicken base. The only thing this line has to offer her is steamed vegetables that are "usually overcooked and not very tasty," she says.

She considers going to the deli but knows that it only occasionally offers soy cheese or hummus. The only thing she can eat there is seitan, a vegetarian form of deli meat that is basically tasteless, Murray says.

She heads to the pasta section where she can eat noodles and plain sauce, but cheese pizza and meat sauce are out of the question.

Murray travels finally to the salad bar, but even here food choices are closed to her. None of the salad dressings is appropriate for her diet.

Clearly, her options are limited, and it isn't because she is overly picky. Murray practices veganism, a form of eating that forbids the consumption of animal products, including egg and milk products. She said this frustrating walk through the dining hall is a daily obstacle for her and other vegans.

Considering the difficulty that their diets bring to their lives, why don't vegan students just give up and eat like "normal" college students?

Some vegans, such as Murray, choose to abstain from animal products because of ethics. She said people do not realize how awful conditions in animal farms and pastures are.

"It's not a farm like you would think of with cows out on the pasture that get to go home at night," Murray said. "It's cows that live in steel cages that don't get to see their babies and are fed on hormones and drugs. It's uncomfortable for the animals, and it's unnatural."

Other students, such as sophomore Lindsay Dalpiaz, choose to eat a vegan

diet for health reasons. Although she has always been very active, Dalpiaz noted that she has a long history of heart disease and high cholesterol in her family.

"Eating vegan just seemed like one of the healthiest things I could do," she said.

In fact, veganism is a phenomenon that is catching far beyond the borders of Ithaca. Celebrities like Alicia Silverstone, Bryan Adams, Moby and even the character Apu from "The Simpsons" are all vegans.

But for those who aren't movie stars, eating a vegan diet is not always that easy.

"There is something every few days [in the dining hall] that we can eat and they make it seem like they are doing us some huge favor," Murray said. "How do they think we feel every day when we go in and only have two things to choose from?"

Dining Services Director Gene Wescott said that Ithaca College has made a concerted effort to satisfy the needs of the vegan community. There is a vegan and vegetarian station at the Campus Center Dining Hall and many of the stations offer vegetable substitutes for meat products.

But Dalpiaz said she has only been practicing veganism for a few weeks, and she has already faced difficulties.

"It's expensive to eat vegan here, especially because you can hardly eat vegan in the dining hall," she said.

Both Dalpiaz and Murray are forced to cook in their residence halls frequently. Yet the dining hall requires that each student living on campus buys a meal plan with at least 10 meals weekly.

Murray said that she only eats in the dining hall about five times a week, so she loses money daily.

Murray added that it is fairly easy to eat vegan off-campus. She said that most restaurants are happy to accommodate vegan diets. There are also several

grocery stores with vegan products.

Bob Klier, assistant professor of writing, has eaten a vegan diet for the past four years and has been a vegetarian since attending college. Klier was required to purchase a meal plan in college, but he knew he was not receiving the vitamins he needed in the dining hall.

"Pepperoni pizza without the pepperoni just wasn't giving me what I needed in nutrients," he said.

Although it took great effort and much research to prove that he could not healthily eat a vegetarian diet in the dining hall, eventually Klier was released from the meal plan, he said.

Writer and public speaker Erik Marcus, an Ithaca resident who has been eating vegan for 18 years, said Ithaca College students need to be more proactive.

Marcus' book "Vegan: The New Ethics of Eating" is available to download online. Marcus also maintains the Web site [www.vegan.com](http://www.vegan.com), which has a nutrition column and daily food and animal rights news.

"Many things served on campus are vegan or could easily be vegan with just a little communication between the vegans and the dining hall staff," he said.

Wescott said that there is an open-door policy in the dining halls and if students want to offer recipes, the chefs would be more than happy to use them. Wescott also said the student feedback cards are a viable tool in communicating with dining hall staff.

Wescott said that 8 to 10 percent of students on campus are practicing vegans or vegetarians. Marcus said those people are not going away.

"The number of vegans is only going to increase," Marcus said. "And the world needs to prepare for that."

News Editor Kelli B. Grant contributed to this story.



JUNIOR SABRINA GOLDSMAN serves soup at Green Star Market, a grocery store that stocks vegan food.

PHOTOS BY ROBIN ROEMER/THE ITHACAN



# Composer speaks her own language

*Chen Yi celebrates cultural roots of music*

BY EMILY R. BROWN  
Assistant Accent Editor

Even though the music of composer Chen Yi is performed by ensembles around the world, she still remembers the days when she could only practice with the windows shut and a mute attached to her violin.

Chen, this year's Karel Husa visiting professor of composition, was introduced to the work of Western composers at a time when their music was forbidden in China. Under her parents' guidance, she began to practice the violin when she was 3 and developed perfect pitch by listening to classical records during meals.

But her parents' plans for her musical career were interrupted by a visit from the Red Guard, the enforcers of China's Cultural Revolution. The soldiers knocked on her door and searched her family's house. They destroyed her parents' collection of records, knocked over the piano and turned the family into outcasts.

"And that was my childhood," Chen said, telling the story to music students in the Iger Lecture Hall of the James J. Whalen Center for Music Oct. 13.

Dana Wilson, Ithaca College Dana professor of music theory, history and composition, recognizes that Chen is a complex person.

"There's a lot of joy and life in her," Wilson said. "But it's not from having an easy life. It's from having a difficult life and knowing that to grab the most out of life, you have to put a lot of positive energy into the world."

During the lecture, Chen explained the

source of her musical inspiration — a unique combination of Eastern and Western music — and encouraged students to return to their cultural roots.

Chen had no choice but to return to her roots when in 1966, the schools in China were closed and she was sent to the mountains to do hard labor. For two years, she got up at 4 a.m. and carried 100-pound baskets of rocks to construction sites. This grueling experience taught her some valuable lessons.

"It taught me to realize that education is important, civilization is important, bringing up the poor is important," Chen said. "After you overcome a hardship, you know what to do in the future."

Years later, as a student at the Beijing Conservatory, Chen returned to the countryside to collect folk music. She and other composition students walked for miles into the mountains. There they photographed the farmers in their traditional costumes and recorded them singing songs in their native dialects.

"The first time we played it back, it scared them," Chen said, laughing. "They wondered what we had done with their music."

As she described the scene, Chen drew pictures of traditional instruments in the air, sang the syllables of the ancient songs and demonstrated the reaction of the surprised farmers. Her talent for storytelling comes across in her compositions, which often include theatrical elements: choreography, lighting, costumes and sets. Her subjects range from the Japanese occupation of Nanjing during World War II to the creation myths of ancient China.



SARA GOLD/THE ITHACAN

**CHEN YI SMILES** as she tells her life story Oct. 13 in the Iger Lecture Hall, James J. Whalen Center for Music. Chen is the Karel Husa visiting professor of composition.

But even her most elaborate pieces are based on the same simple folk melodies.

"I figured out that we have to speak out in our own language in order to have a distinct sound," Chen said. "If everybody writes the same, then you don't work as a bridge."

Thus her music is more than a translation of Eastern melodies and rhythms into Western key signatures and time signatures. It is a retelling of Chinese tales in Chen's unique musical dialect, which she has been developing since she was 3.

In the Karel Husa Gallery the next morning, Chen continued to work with composition students. She read the score of sophomore Michael Nyby's triptych for oboe and string quartet the way some might read a story — pointing out places where she could see musicians struggling with fingering,

breathing or phrasing.

"Orchestras are very picky," she said with a smile.

Nyby said that working with such a celebrated composer was a real boost to his self-esteem.

"As a composer you need constant reassurance," Nyby said. "So hearing a really good composer say, 'This is good,' gives you this warm, fuzzy feeling."

Wilson said Chen also brought a sense of the outside world to the "cocoon" of the Ithaca College School of Music.

Chen's visit to the college culminated with a performance of her work at 8:15 p.m. on Oct. 14 in Ford Hall of the James J. Whalen Center for Music. She will return in February to continue her work with students and faculty.



## DISPATCH: UNDER THE RADAR

*"An evening with Brad Corrigan"  
Up close and personal*

Featuring Acoustic  
Performances

With Brad Corrigan  
& Rich Price

Saturday, October 26  
Emerson Suites  
8 p.m.

\$5 w/ Ithaca College ID  
\$7 General Admission

DVD Screening of New  
Documentary

Q & A Session

# ON SALE NOW!!!



# Taking a walk for health and education

BY STACEY COBURN  
Staff Writer

It was the kind of morning that makes you look outside and want to hop back into bed. Yet, at 7:15 a.m. on Oct. 9, members of the Health Promotion and Human Movement Club braved the elements and met at the Hill Center to walk South Hill Elementary students to school.

Their mission was to promote health and safety, a mission members plan to make their career.

"The goal of the whole program, the National Walk to School Program, is to increase exercise in the morning and increase safety in the community," said junior Kristin Sweeney, president of the club.

Sweeney organized the event to help teach members how to interact with children and to earn \$1,000 for the club, which the national program offers to participants.

Mathew Boedo, 7, a student at South Hill Elementary, showed off his motorcycle toy for Ithaca College junior Brendan Nachtrab before he would leave for school.

"I walk to school all the time," Mathew said. "I've been walking to school since kindergarten."

During the walk, Mathew dominated the conversation, talking about the sports he liked, and eventually he and his younger sister, Emily, eagerly ran ahead of Nachtrab.

Nachtrab, a physical education major, said he will probably work at his old high school but would like to work with elementary kids if he can since they are "more fun to deal with because they have a lot of energy."

Elementary school students who were interested in walking to school with Ithaca College students



JASPER CLARKBERG WALKS with junior Kristin Sweeney to South Hill Elementary School last week.

STACEY COBURN/THE ITHACAN

were chosen based upon whether they usually walk to school or not, said Mary Stine, who acts as the liaison between Ithaca College and South Hill Elementary. Stine said there are more safety concerns today than when she was a child.

"Kids used to walk everywhere all the time and didn't even think about it," Stine said. She said she hopes this program will make the community more aware of the hazards involved in walking to school.

Ithaca College students were required to fill out checklists with the input of the South Hill students about the community's "walkability." They were asked to rate how much room they had to walk, how easy it was to cross the streets, how drivers behaved, how easy it was to abide by safety rules and

whether the walk was pleasant.

Emily Lewis, vice president of the club, said the streets need much improvement.

"The sidewalks are cracked," Lewis said. "In some areas there are no sidewalks at all, which would mean the kids would have to walk on the street. Sometimes there were no crosswalks."

Lewis walked Anonda Bruton, 9, from near the Shortstop Deli to South Hill Elementary School. A change in the public bus schedule has forced Anonda and her mother to walk the entire way to school. They used to be able to walk to The Commons and then take the bus.

Lewis cited garbage, discourteous drivers and broken glass as safety concerns for kids walking to school. Sweeney said she believes pro-

moting health and fitness for students is just as important as teaching skills such as English and math.

"Now students are expected to come out of school able to fight off peer pressure, say no to drugs, be physically active and productive members of society, and to make healthy choices concerning relationships, foods and the environment," Sweeney said.

All students with a major in the Department of Health Promotion and Human Movement can be members of the club. Along with the Walk to School Program, the club also participates in many other health-related events, such as Jump Rope for Heart and presentations for national and state American Alliance for Health, Physical Education, Recreation and Dance.

## Accent On



JUNIOR  
MIKE SCHAFFER

SPORTS INFORMATION  
AND COMMUNICATION

Hometown: Columbia, Md.

**What is the worst thing you've seen on television in the last two weeks?** Mike Schaffer winning ICTV's "Ya Think You Know Sports."

**What do you plan to do for the Cortaca Jug game?** Do sideline reports for 92 WICB.

**If you were a late-night talk show host, who would your celebrity sidekick be? Why?** Mini-me ... He doesn't talk much and would make me look tall.

**What's the best pizza in Ithaca?** Gino's. Hands down.

**When you get home from classes on Friday, what is the first thing you do?** Hit on the girls next door.



Washington Semester Program

### INFORMATION SESSION

with IVO SPALATIN

Washington Internship Coordinator

**Thursday, October 24**

4:00 – 5:00 p.m.

Campus Center Conference Room

Students in the IC Washington Semester Program can earn 12-15 credits by completing the internship (6 cr.), Art & Architecture in Washington, US Foreign Policy, and a selection of three 1 credit seminars.



For additional information contact  
Program Director Warren Schlesinger,  
[warren@ithaca.edu](mailto:warren@ithaca.edu) or 274-3951

<http://www.ithaca.edu/washington>

THIS IS THE LAST INFORMATION SESSION THIS SEMESTER.

STUDENTS INTERESTED IN THE  
**SPRING 2003 OR FALL 2003**  
SEMESTER SHOULD ATTEND.

## The Louis K. Thaler Concert Violinist Series

ANI KAVAFIAN VIOLIN  
ŞAHAN ARZRUNI PIANO

"Kavafian is a musician's musician.... She brought a soulful intelligence to her playing."  
—Hartford Courant

"Kavafian appeared to feel the music throughout her diminutive frame, throwing her body into passionate phrasing that gave visual emphasis to the musical force."  
—Times-Picayune



**Tuesday, October 29, 2002**  
**8:15 p.m.**

Ford Hall, James J. Whalen Center for Music

Program: Babadjanyan, Beethoven, Debussy, and Khachaturian

Master Class: Noon to 2:00 p.m., October 29

Hockett Family Recital Hall, Whalen Center for Music

Individuals with disabilities requiring accommodation should contact the Office of Affirmative Action at 607-274-3909 (voice), 607-274-1767 (TDD), or [bleblanc@ithaca.edu](mailto:bleblanc@ithaca.edu) as much in advance of the event as possible.

ITHACA

Free and open to the public



# Movie Times

The following is valid this weekend only. Times are subject to change.

**Cinemapolis  
The Commons**  
277-6115

**Secretary** — 7:15 p.m. and 9:35 p.m.

**My Big Fat Greek Wedding** — 7:15 p.m. and 9:35 p.m.

**Fall Creek Pictures**  
1201 N. Tioga St.  
272-1256

**Eight Women** — 7:15 p.m.

**Igby Goes Down** — 7:15 p.m. and 9:35 p.m.

**Mostly Martha** — 7:15 p.m. and 9:35 p.m.

**Hoyts Ithaca 10 Cinema  
Pyramid Mall**  
257-2700

**Ghost Ship** — 2:10 p.m., 4:30 p.m., 7:20 p.m., 9:40 p.m. and 11:30 p.m.

**The Truth About Charlie** — 1:50 p.m., 4:15 p.m., 6:40 p.m., 9:10 p.m. and 11:20 p.m.

**Jackass: the movie** — 2:30 p.m., 4:40 p.m., 7:30 p.m., 9:50 p.m. and 11:40 p.m.

**Halloween: Resurrection** — Midnight.

**The Ring** — 1:40 p.m., 4:20 p.m., 6:55 p.m., 9:30 p.m. and 11:50 p.m.

**Formula 51** — 9:55 p.m.

**Abandon** — 2 p.m., 4:25 p.m., 6:45 p.m., 9:05 p.m. and 11:10 p.m.

**Moonlight Mile** — 1:30 p.m., 4 p.m., 6:35 p.m. and 9:20 p.m.

**Tuck Everlasting** — 2:20 p.m., 4:40 p.m., 7:10 p.m., 9:30 p.m. and 11:25 p.m.

**The Transporter** — 2:10 p.m., 4:35 p.m., 6:50 p.m. and 9:15 p.m.

**Knockaround Guys** — 1:45 p.m., 4:05 p.m., 7:20 p.m., 10:05 p.m. and midnight.

**Red Dragon** — 1:30 p.m., 4:10 p.m., 4:45 p.m., 7 p.m. and 9:45 p.m.

**Sweet Home Alabama** — 1:35 p.m., 4 p.m., 6:30 p.m., 9 p.m. and 11:15 p.m.

**SAB Film Series**  
Textor 102

**Mr. Deeds** — 7 p.m., 9:30 p.m. and midnight.

**The Ithacan Rating System**  
★ Poor  
★★ Fair  
★★★ Good  
★★★★ Excellent



COURTESY OF NEW LINE FEATURES

EMILY WATSON AND ADAM SANDLER star in Paul Thomas Anderson's new film, "Punch-Drunk Love." The film is a departure for Sandler, who is receiving rave reviews for his stab at a dramatic role. Anderson was the director of the earnest dramas "Magnolia" and "Boogie Nights."

## Sandler gets serious in new drama

BY MICHAEL MERLOB  
Staff Writer

I do not like Adam Sandler movies. They are not funny. Do not make the mistake of assuming that this jaded, cynical critic is incapable of enjoying silly comedies — no one can argue that "Dumb and Dumber" is anything but a masterpiece — but Adam Sandler's comic outings are just poor.

When the buzz began building for his first "serious" film and murmurs about a great performance could be heard emanating from the film festivals at which "Punch-Drunk Love" was showing, skepticism reared its ugly head. Walking out of "Punch-Drunk Love," however, I was overwhelmed with emotion, giddy with joy at just having had a fantastic experience at the movies.

Paul Thomas Anderson is very clever. The writer/director has essentially removed and deconstruct-

ed the "Sandler Archetype." When viewed under scrutiny, Sandler plays the same basic character in all his films: a simple, likeable, somewhat goofy loser filled with rage that manifests itself when provoked, intentionally or not. What Anderson does is reshape this character and transforms it from a caricature into a true human being fraught with real problems and emotions.

In a wonderful, jarring performance, Sandler plays Barry Egan, a quiet businessman relegated to a dull, uneventful life. Barry, who is the only male among his seven siblings, is a rather unhappy person who faces constant ridicule from his sisters and has no real aspirations or prospects. He also suffers from rage issues, and at several points in the film, erupts into violent fits of anger, which are both real and scary, unlike those in his comedies.

Barry knows he is missing something; he just doesn't know what it is. When Lena Leonard (a vibrant Emily Watson) enters his life, he discovers the missing ele-

ment: love. From this point, the film progresses slowly yet feverishly as Barry deals with this newfound romance, in addition to dangers posed from a group of con artists led by Dean Trumbull (the always wonderful Philip Seymour Hoffman).

The film was written and directed by Anderson, whose three previous films have all been excellent, particularly "Boogie Nights" and the amazing, often misunderstood "Magnolia." Anderson is without question one of the finest talents of his generation. His films, while not for everyone, are at the very least always unique. "Punch-Drunk Love" is both his skewed take on the romantic comedy, though the film is neither comical nor romantic in the traditional sense and a kind of ode to neurosis. There is much of Anderson himself in Barry Egan, and the film feels like a declaration of love for all the weirdos and losers out there. Anderson adores his characters with a passion, and that is clear in the wonderful crafting and writing.

Likewise, the film is nothing but masterful in the visual sense, as all of Anderson's films are. His usual affinity for clean, centered frames and smooth tracking shots are punctuated here by shaky handheld work and odd, gritty lighting, which only serve to enhance the mood and themes of the story. At several points, the emotions present build to a relentless pitch, upon which the screen becomes immersed in swirling colors.

"Punch-Drunk Love" is perhaps the finest film of the year thus far, and will leave the viewer dizzy, breathless, grinning with jubilation and bursting with affection. Once one sees this film, it becomes obvious why the title is an entirely appropriate and perfect description of both the film itself and the experience of viewing it.

"Punch-Drunk Love" was written, produced and directed by Paul Thomas Anderson. It stars Adam Sandler, Emily Watson, Phillip Seymour Hoffman and Luis Guzman.

## Creepy horror flick tries to save genre

BY HEATHER MATTHEWS  
Staff Writer

With Halloween approaching, the fall movie season is saturated with thrillers and horror films. Unfortunately, the pickings are slim. But "The Ring," an adaptation of the 1999 Japanese film "Ringu," is an unsettling film that haunts its audiences long after the film has finished.

The film opens with teenagers Katie and Becca scaring each other with ghost stories during a sleepover. The urban legend Becca tells centers on a mysterious videotape that if viewed will kill you in seven days. Much to the girls' surprise and dismay, the legend turns out to be true, leaving one dead and the other speechless in an asylum.

Katie's aunt, an investigative reporter named Rachel (Naomi

Watts), sparked by the death of her niece and her three friends, watches the tape, receives the ominous phone call and begins to uncover the grisly truth about the video in an unnerving race against time. Enlisting the help of Noah (Martin Henderson), the father of her son, Aidan (David Dorfman), Rachel finds herself tangled in a mystery involving the tape, a twisted family and dying horses.

Directed by Gore Verbinski, "The Ring" combines startling cinematography and a strong cast to create a truly terrifying tale. The shots of mist-engulfed Washington state are disquieting, yet beautiful, providing the film with a desolate and hopeless quality.

It is the videotape itself, however, that carries "The Ring" far beyond other horror films. The video is the stuff the worst nightmares are made of. Slithering bugs, ghostly figures and mangled body parts dance across the screen in utter silence. The grotesque black-and-white footage



COURTESY OF DREAMWORKS

MARTIN HENDERSON AND NAOMI WATTS star in the horror film, "The Ring." The film arrives just in time for Halloween.

is almost unbearable to watch.

Verbinski doesn't overdo it with "The Ring." The film is scary but often avoids the clichés associated with the genre. The audience is compelled to learn more about the videotape but horrified by the character's seemingly futile race against the clock and evil.

"The Ring," like most films, isn't perfect, however. The film's truly frightening scenes are spread out. This does give the audience's hearts and stomachs a chance to recuperate but slows the

movie down a little. And although the film is extremely frightening, some of the fear is lost because some scenes are too hard to believe. But if you can get past the small imperfections, "The Ring" is highly enjoyable and satisfyingly frightening — a perfect film for the Halloween season.

"The Ring" was written by Ehren Kruger, directed by Gore Verbinski and produced by Laurie McDonald. The film stars Naomi Watts and David Dorfman.





COURTESY OF VANGUARD RECORDS

## Sounds like 'Bee'-tles

BY TASHA KATES  
Staff Writer

One listen to Peter Case's newest album, "Beeline," will convince you that he is the love child of John Mayer and the Beatles. His smooth, honest voice and acoustic guitar blend together so thoroughly that those musicians must have heavily influenced him.

The best example of this blended sound is "I Hear Your Voice." "Voice" uses haunting electronic sounds similar to the ones that the Beatles used in the '70s in conjunction with the hypnotizing vocals that have popularized Mayer. In this track, Case conjures soft images of faded memories and heartbreak that sound so real that it would be hard to doubt them.

Realistic songs about heartbreak are recurring in "Beeline." "Evening Raga," which is Case's plea to his lover, showcases his country roots through gritty vocals and banjo accompaniment.

An exception to the thematic lost love rule is "Lost in the Sky." A quirky, upbeat song, "Lost" is about becoming overwhelmed during a plane trip to a far-away city. The combination of bongos and drums add a homegrown yet commercialized feel to the track.

While Case isn't as famous as the Beatles or Mayer, he will attain that fame if he keeps making albums like "Beeline."

★★★  
"Beeline"  
Peter Case

# Gritty rock band revs musical engines

## Chevelle releases emotionally strong album

BY MIKE NAGEL  
Staff Writer

Although the Chicago-based rock trio Chevelle had two top-10 singles off their debut album "Point #1" and was a second-stage mainstay on this summer's Ozzfest, many alternative fans have yet to hear of the band. This is set to change with the release of their sophomore disc, "Wonder What's Next."

★★★  
"Wonder What's Next"  
Chevelle

The band is made up of three brothers — Pete, Sam and Joe Loeffler — and takes its name from Chevrolet's famous 1970s muscle car, which fits its brawny, straight up rock formula. Chevelle is all about gritty guitars powering over classic driving rock drumbeats. The songs on "Wonder What's Next" are simple but still capture all the excitement of a street race translated into music. This record alone could have easily scored the entire soundtrack for recent films like "The Fast and the Furious" or "Driven."

The songs on the album follow a distinct pattern. Chevelle opens the disc with "Family System," a song about the pain that words can cause, and follows it with "Comfortable Liar," a tune about healing. The band follows this blueprint throughout the album. Songs like "Send the Pain Below" that contains the lyrics, "Smile at the thought of me failing/But long before having hurt/I'd send the pain below/much like suffocating," are placed before tracks that speak of more pleasant things. For example, Loeffler follows up "Send the Pain Below" with the song "Closure" and sings, "Closure has come to me."

The band's first single off this disc, "The Red," is about going through life as a social outcast. The video, which takes place in an anger management center, is currently a

mainstay on late night MTV. This song shows why the band draws comparisons, at least on a vocal level, to the progressive rock band, Tool. Like Tool's lead singer, Maynard James Keenan, Loeffler displays unusual skill at bending his voice from croon to snarl in half a measure flat.

Loeffler's growl continues into the title track, "Wonder What's Next," as he rants against the music industry for taking the entertainment out of songwriting. The melody returns, for the most part, in "Grab Thy Hand" as the singer calls out to God to come and walk beside him. "One Lonely Visitor," the last song, is an unexpected but beautiful change of pace from the rest of the album. After 10 brutal tracks, the band settles down and shows that it also has finesse as the members harmonize over an acoustic guitar — giving the impression of a Loeffler family sing-along.

Chevelle's sophomore effort was three years in the making, but "Wonder What's Next" was definitely worth the wait. This disc is one of the best rock albums of the year.



COURTESY OF COLUMBIA RECORDS

CHEVELLE'S NEW ALBUM, "Wonder What's Next," is a traditional rock record.

# Soulive brings funky sounds to Ithaca

## Live Music

BY SHANNON HANRAHAN  
Staff Writer

I arrived at The Haunt for the Soulive show expecting to see a less than incredible turn out. It was, after all, a cold and rainy Wednesday, and the Ithaca campus had entirely cleared out for Fall Break. Once through the doors, however, I was surprised to see a dramatically different atmosphere.

The Haunt was packed wall-to-wall with fans, lights were dancing across the walls and ceiling, the disc jockey was playing some tunes and the fans were already jumping in their tank tops and T-shirts. Perhaps the band's immense popularity and recognition in the music industry should have tipped me off that this was going to be a huge turnout.

Soulive is not your average, small-town jam band. They have a reputation for variety all over the music industry, from hip-hop, blues, neo-soul and straight-up rock. The band has collaborated with such artists as Talib Kweli, Black Thought and recently opened for the Dave Matthews Band's European tour.

The band entered, almost solemn in their black attire —



ROBIN ROEMER/THE ITHACAN

ERIC KRANSO and Neal Evans jam with their band Soulive Oct. 16 at The Haunt. The band performed a blend of soul, jazz, hip-hop and fusion songs during their set.

Alan Evans on drums, Neal Evans on Hammond B3 organ and Eric Krasno on guitar, demanding, "Y'all ready to get down tonight?" Alan Evans repeated this until he received the loud and riled response he was after.

The band members appeared calm and collected for the first song, "Fire Eater," a soulful jam with the ever-present blues sound lingering in the song. While "soul" may be their understood genre, the core of all their jams seems to be in jazz, with the occasional hints of hip-hop, funk, rock and R&B.

"Shaheed" seemed to be a favorite, a blues jam offering fun dance grooves and a soothing

beat. The song tended to deviate from the expected sound, with sudden musical surprises like the twang of a single guitar chord, the soulful wail of the organ or a sudden attack of the drums. The crowd ate it all up, always cheering for more.

Soulive seems to have such a following in Ithaca that the majority of the crowd knew the beat before the band began to play it. It seemed that every head was bobbing, hips were swinging, arms were up and clapping. Likewise, the band seemed completely at ease in Ithaca, with Alan Evans yelling out at one point while wiping sweat away, "It is always hot as hell in Itha-

ca, no matter what time of year it is!" The crowd went wild, hanging on the band's every word. During "Flurries," a danceable, jazzy mix that got the entire club moving, people got off their bar stools to dance. The audience's energy only intensified throughout the night.

Soulive proved their abilities as entertainers and musicians, keeping the party going strong. Alan Evans showcased his incredible drumming skills and occasionally stole the show with his fierce beats. The band incorporated the crowd into the show so much that the two became one — a party that rocked The Haunt long into the night.

# Accent Briefs

## Singer from the Emerald Isle to perform on Cornell campus

Irish singer Mary Staunton will perform traditional Celtic music on Saturday at 8 p.m. at the Hollis E. Cornell auditorium in Goldwin Smith Hall on the Cornell campus. Staunton sings and plays the concertina and has recently released a solo CD, "Bright Early Mornings."

Staunton grew up in a musical family and has performed with Irish musicians Sharon Shannon and Maurice Lennon. Tickets for the performance are \$10 in advance and \$12 at the door. Tickets are available at Ithaca Guitar Works and Small World Music.

## Pianist to give tribute concert with multimedia show

Pianist Tony Caramia will present a multimedia tribute to Billy Mayerl, the "British George Gershwin," on Sunday at 4 p.m. in the Hockett Family Recital Hall of the James J. Whalen Center for Music. The presentation will include original recordings, period photographs, and footage from a 1938 Mayerl performance.

Caramia, a professor of piano at the University of Rochester's Eastman School of Music, often uses his work to explore the relationships between pop and classical music.

His performance at Ithaca College is part of this year's "Improvisation and You" series, which exposes students to the art of impromptu music-making. The series is free and open to the public.

## Writer to share experience as Peace Corps volunteer

Writer and former Peace Corps volunteer Anne Panning will read from her new novel, "Carrot Lake, Carrot Cake," today at 7 p.m. in the Women's Community Building on the corner of Seneca and Cayuga streets in downtown Ithaca. The event is free and open to the public.

Panning was a Peace Corps volunteer in the Philippines for two years, and she has written extensively about her experience. Her new book won the Cecil B. Hackney Literary Award, and she recently accepted a position teaching writing at SUNY Brockport. Her visit to Ithaca is sponsored by Peace Corps-Ithaca.

## College professor will sing politically inspired folk music

Colleen Kattau, Ithaca College professor of modern languages and literatures, will perform her blend of traditional and original folk music on Saturday at 8 p.m. at Happy Endings on Clinton Street in Syracuse.

Kattau's politically-inspired, Latin-influenced folk music has been included on collections like "Sing it Down! Songs to close the School of the Americas," and she is currently working on her second solo CD. The Saturday performance is sponsored by the Folkus Project. Admission is \$5 to \$10 depending on seating.

## Local artists bring activism to Ithaca with performances

The arts and activism initiative "Hen" will organize a variety of performances and "playshops" on Wednesday from noon to 6 p.m. in the Clarke Lounge of the Campus Center. The programs are designed to inspire activists and artists to confront injustice.

"Hen" is composed of poets, actors and musicians motivated by political issues. The group takes its name from the words of Confucius: "When the hen crows, the state will fall."



## Event of the week

Hear the debate between U.S. Rep. Maurice Hinchey and Republican opponent Eric Hall on Tuesday at 7:30 p.m. in CNS 112.

# Weekly Calendar of Events

Oct. 24-30

## FOUR-DAY WEATHER FORECAST

## Today



Partly cloudy

High: 48°  
Low: 35°

## Saturday



Showers

High: 52°  
Low: 36°

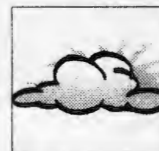
## Friday



Showers

High: 49°  
Low: 35°

## Sunday



Partly cloudy

High: 51°  
Low: 36°

Forecast issued by the National Weather Service, courtesy of the Northeast Regional Climate Center at Cornell University.

## Today

## Advising for Spring 2003

**DWI Demonstration** — 11 a.m. to 2 p.m. in the Academic Quad.

**Domestic Violence Awareness Week Speakout** — Noon to 1 p.m. at the Free Speech Rock.

**Mark Parente Memorial Service** — 12:10 p.m. in Muller Chapel.

**"Defining Terrorism": A Faculty Colloquium Presentation** — 12:10 p.m. in Clark Lounge, Campus Center.

**Washington Semester Program Information Session** — 4 p.m. in Campus Center Conference Room.

**Jewish Studies Reception** — 5:30 p.m. in Handwerker Gallery, Gannett Center.

**"Bishop's Brazil: Life in the Country of Carnival"** — 7 p.m. in Textor 101.

**Global Dance Fest** — 7 p.m. in Pub, Campus Center.

## Friday

## Last Day to Add/Drop Block II Courses

**Shabbat Services** — 6 p.m. in Muller Chapel.

**Elective Joint Recital** — Greg Beaulieu and Rebecca Proctor, piano, at 7 p.m. in Nabenhauer Recital Room, Whalen Center.

**Suitcase Dance** — Bring your suitcase, win a trip. 9 to 11:55 p.m. in the Pub, Campus Center.

## Saturday

**Junior Recital** — Jason Macy, trombone, at 1 p.m. in Hockett Family Recital Hall, Whalen Center.

**Graduate Lecture/Recital** — Melody Parker, flute, at 2 p.m. in Iger Lecture Hall, Whalen Center.

**Senior Recital** — Cheryl Houston, flute, at 4 p.m. in Ford Hall, Whalen Center.

**Junior Recital** — Rebecca Minor, voice, at 7 p.m. in Hockett Family Recital Hall, Whalen Center.

**Premium Blend Concert** — 9 p.m. in Ford Hall, Whalen Center.

**Sports**  
**Men's and women's cross country** at Union Invitational at 11 a.m. in Schenectady.  
**Football** at Utica at 1:30 p.m.

## Sunday

**Protestant Worship Service** — 11 a.m. in Muller Chapel.

**Catholic Mass** — 1 and 9 p.m. in Muller Chapel.

**Electric Jazz Recital** — 1 p.m. in Nabenhauer Recital Room, Whalen Center.

**Elective Senior Flute Recital** — 3 p.m. in Nabenhauer Recital Room, Whalen Center.

**Guest Pianist** — Tony Caramia, 4 p.m. in Hockett Family Recital Hall, Whalen Center.

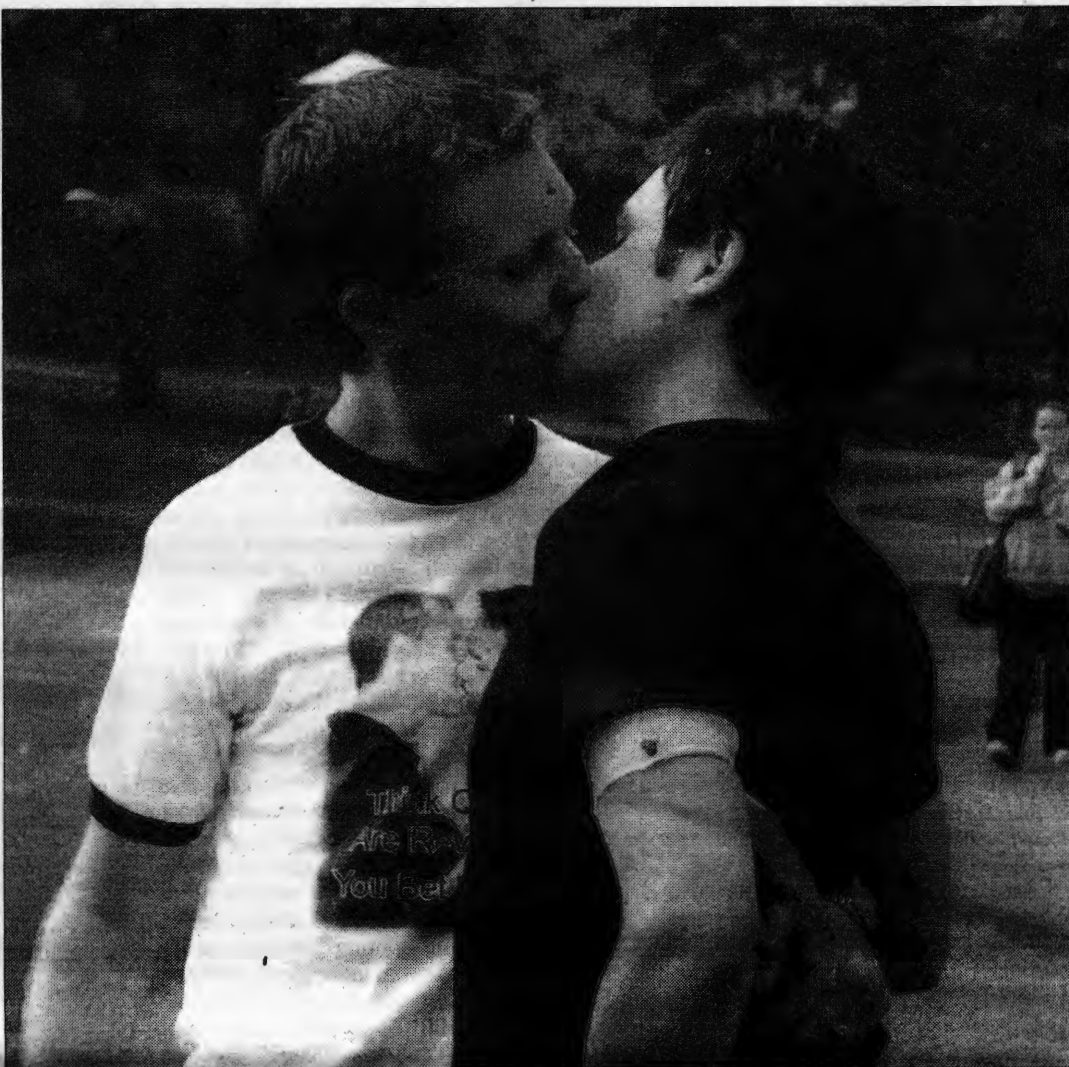
**Voice Faculty Joint Recital** — 7 p.m. in Hockett Family Recital Hall, Campus Center.

## Monday

**New Hire Session** — 9 a.m. to noon in HR Training Room.

**Improvisation Clinic** — Tony Caramia, piano, 3 p.m. in Hockett

## LIP-LOCKED



ROBIN ROEMER/THE ITHACAN  
**SENIOR DANNY BAKER, left, and boyfriend Josh Bethla smooch at the Kiss Off held at the Free Speech Rock Oct. 10. BIGAYLA sponsored the event that encouraged same-sex affection.**

Family Recital Hall, Whalen Center.

**"Friends ... It's a Thin Line"** — 6:30 to 10 p.m. in Klingenstein Lounge, Campus Center.

**Sigma Alpha Iota Fraternity Recital** — 8:15 p.m. in Hockett Family Recital Hall, Whalen Center.

## Tuesday

ACCS Instructional Support

**Services Initiative** — 12:10 p.m. in Clark Lounge, Campus Center.

**Debate between Maurice Hinchey and Eric Hall** — 7:30 to 10 p.m. in CNS 112.

**Film Series** — Jewish Identities, 7:30 p.m. in Textor 102.

**Louis K. Thaler Concert Violinist Series** — 8:15 p.m. in Ford Hall, Whalen Center.

**Sports**  
**Men's soccer** vs. Cortland at 3

p.m. at Carp Wood Field.

## Wednesday

## Last Day Pass/Fail Block II Courses

**Eucharist for Peace and Healing in the Celtic/Anglican Tradition** — 12:10 p.m. in Muller Chapel.

**Sports**  
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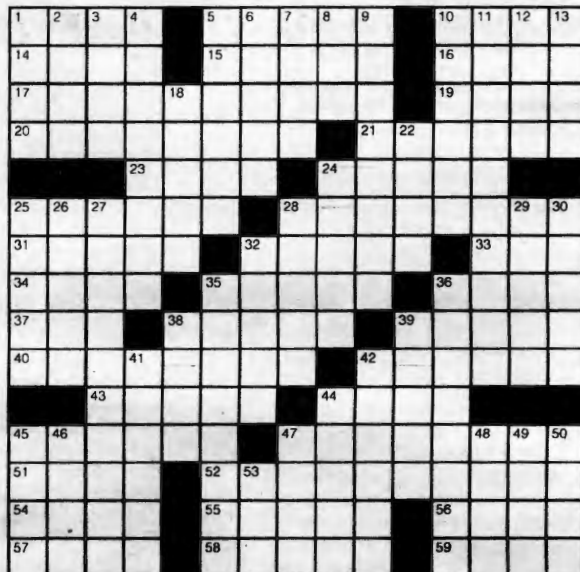
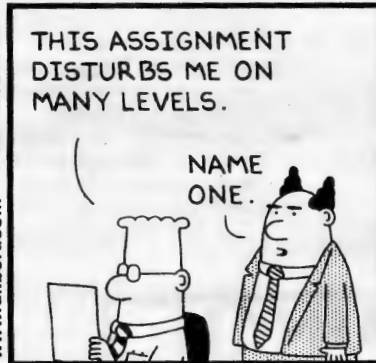
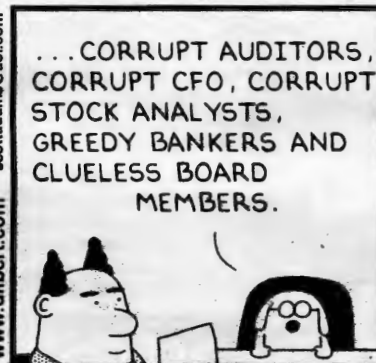
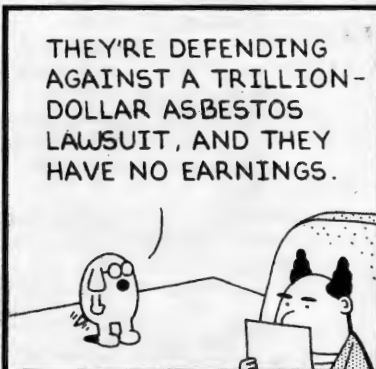
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## LAST WEEK'S ANSWERS





## Finding a healthy balance

# A cut above

*Women who combine lifting weights with cardio are not necessarily receiving bulky results*

BY ABIGAIL FUNK  
Staff Writer

Junior Rebecca Stutman, a telecommunications management major, is an avid exerciser at the Fitness Center. She is one of many Ithaca women that overpopulate the cardio machines on any given day.

However, Stutman is keeping up on recent studies that are showing that cardiovascular workouts alone are not enough.

"I've heard that there [are] good long-term advantages to lifting weights," Stutman said. "I want to build muscle as well as strengthen my heart with cardio."

Stutman is on the right track. The combination of weightlifting with cardio workouts is showing better results by making healthier women. Worries about "bulking up" too much stop many women from picking up a set of dumbbells, but because women have less muscle tissue and much less testosterone than men, this makes it incredibly difficult for a woman to look like a bodybuilder.

"I haven't seen myself grow bigger at all,"

Stutman said. "My muscles are just more toned than when I was only doing cardio."

The fear of an undesired female body shape is most likely why less than 20 percent of women say they lift weights, compared to almost 30 percent of men, according to a 2002 Centers for Disease Control and Prevention study.

Every Ithaca College women's intercollegiate sport team participates in off-season training programs that includes weightlifting. This year, the field hockey team began lifting once or twice a week during its season as well.

The list of advantages for women who lift weights is endless. For one, strength training helps to burn more calories than cardio workouts. Lifting weights increases energy-burning muscles, so your muscles are burning calories long after your lifting session. Though it is true that muscle weighs more than fat, muscle takes up less room than fat, and a slimmer waistline becomes the end result.

There are long-term advantages to lifting as well. The National Osteoporosis Founda-

tion estimates that some 44 million people, mostly women, are affected by osteoporosis. Lifting weights helps to prevent bone loss and make stronger bones, thus preventing the breaking of brittle bones that osteoporosis causes.

"Anything that you do activity-wise will help strengthen your bones," Ithaca College athletic trainer Laurie Bitting said. "They just naturally adapt to the stresses that are being placed on them."

Aside from changing body shape and size and preventing long-term bone disease, weight lifting is also helpful in prevention of injuries.

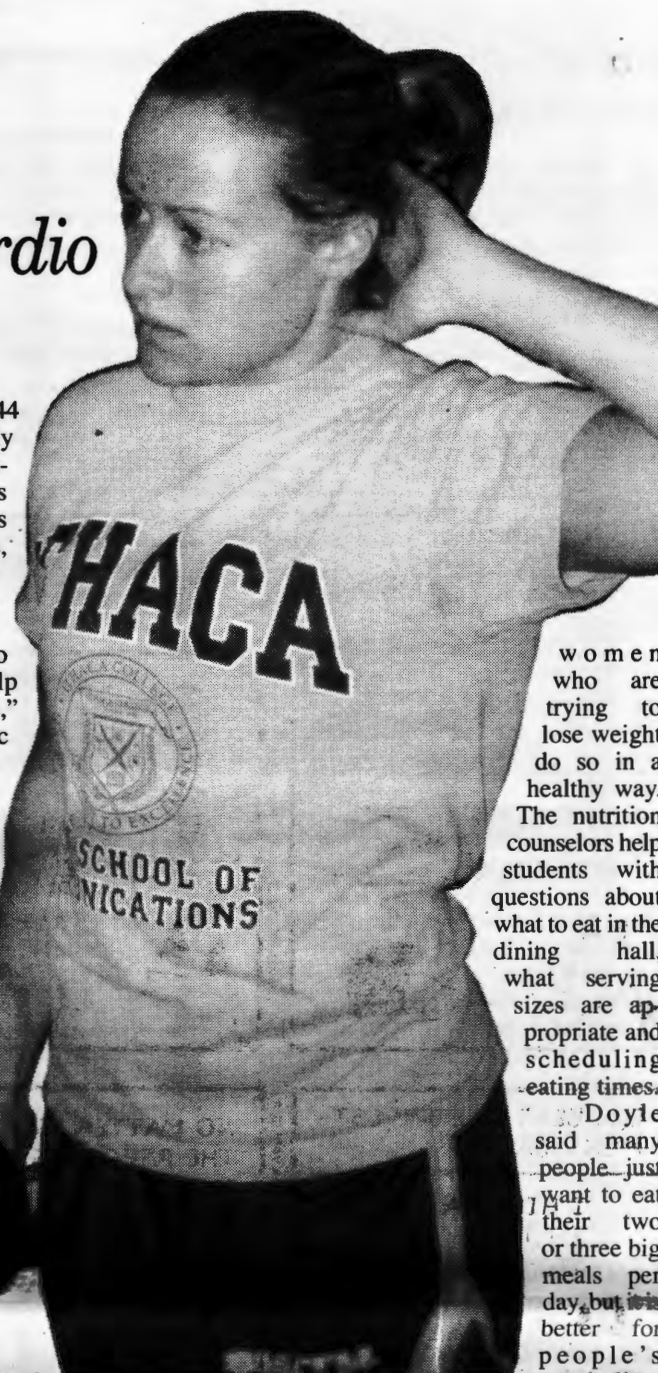
"Weightlifting is big in not only preventing bone injuries, but also muscle injuries," Bitting said.

The stronger the bones and muscles are, the less prone a person is to break a bone or pull a muscle. One muscle injury women are more prone to than men is anterior cruciate ligament (ACL) tears in the knee. The Women's Sports Foundation reported that one in 10 female varsity athletes has some kind of season-ending knee injury.

Bitting said many injuries females face are also related in some way to nutrition. Bridget Doyle, a junior community health and education major, is a nutrition counselor at the Fitness Center and sees many students, mostly women, pass through for nutrition advice.

"People tend to want to lose weight," Doyle said. "They usually focus in on that. I get concerned with a lot of the people that want to come in to have weight loss."

Doyle and the rest of the nutrition counselors at the Fitness Center make sure



KRISTEN MAGEE/THE ITHACAN  
FRESHMAN ANNE HODDER uses the free weights during a visit to the Fitness Center.

women who are trying to lose weight do so in a healthy way. The nutrition counselors help students with questions about what to eat in the dining hall, what serving sizes are appropriate and scheduling eating times. Doyle said many people just want to eat their two or three big meals per day, but it's better for people's metabolism when they eat smaller portions more often.

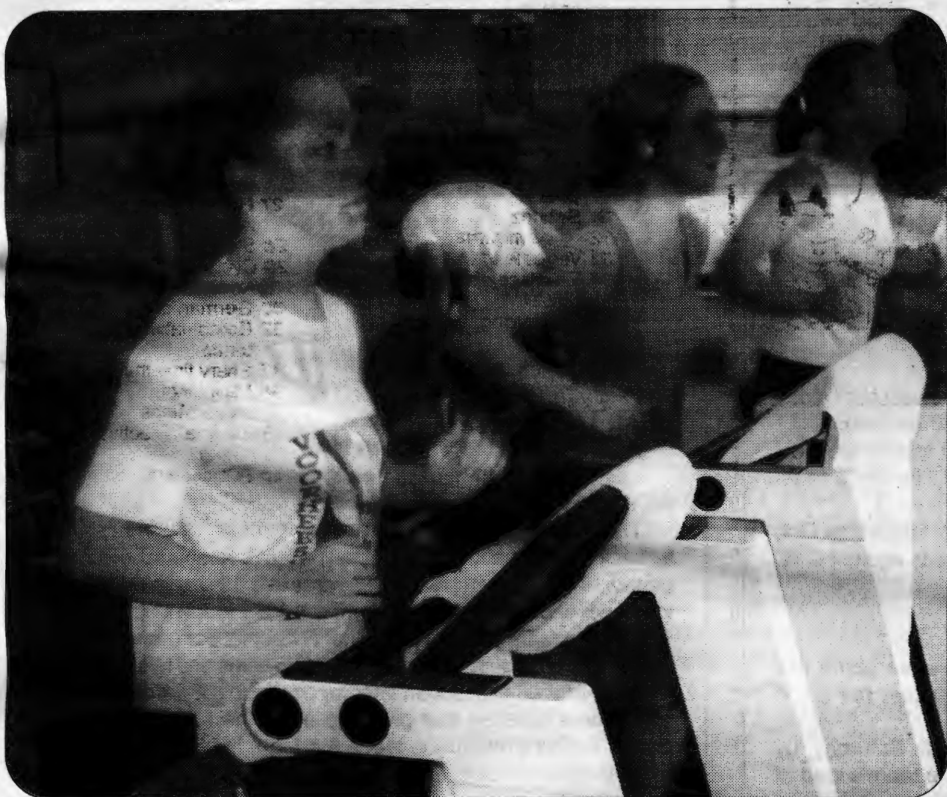
"Definitely knowing how to keep your metabolism going is important," Doyle said.

Bitting said that by the time females with bone and muscle injuries come to Ithaca, they've had a history of the problem.

"Hopefully someone they've dealt with in the past has talked to them about nutrition issues," Bitting said. "And if it happens here, that's one of the things we discuss with them. Obviously they're prone to it for some reason."

Researchers say it's never too late to start eating healthy and exercising correctly.

"Since being in college I've done more of both cardio and weights," Stutman said. "But lifting has become an important part of my workout routine. I want to be a healthy old lady someday."



KRISTEN MAGEE/THE ITHACAN  
FRESHMAN NICOLE LAPHAM, left, sophomore Taylor Strecker, middle, and freshman Stephanie Hylen use the treadmills for afternoon exercise.

## Eating disorder problems exist with athletes

BY ABIGAIL FUNK, MICAH KARG  
AND CHRIS COLLELUORI  
Staff Writers

When people think of students with eating disorders a student-athlete does not necessarily come to mind. Athletes are supposed to be strong and healthy and have a positive mindset — aren't they?

Not so fast.

A 2002 Sport and Leisure article claimed that athletes are 14 times more likely to have an eating disorder than non-athletes are.

Greg Shelley, assistant professor of exercise and sport sciences, said statistics cannot be trusted completely because those with eating disorders tend to be secretive about it.

"The numbers are obviously higher than those numbers reported," said Shelley, also a sport psychology consultant. "So many people with eating disorders go undetected or without the help they need."

Physicians and doctors are also not required to report eating disorders to health agencies, adding to the inaccuracy of the statistics.

Ithaca College athlete "Erin," a junior psychology major, is not included in any eating disorder statistics because she never went to anyone for help.

Erin stopped eating the summer before her senior year in high school. Later that year, she also became bulimic through use of laxatives.

"A lot of it was dealing with certain situations," Erin said. "I was unhappy with myself then and so that just led to being unhappy in other ways."

Shelley lectures to his exercise and sport psychology class that there are four predisposing factors why athletes turn to anorexia and bulimia: weight restrictions, in sports such as wrestling and boxing; performance demands, such as in track and field and cross country; judging criteria,

such as in ice skating and gymnastics; and pressure from peers and coaches.

Paula Miller, coach of the women's swim team, has had to deal with athletes who suffered from eating disorders.

"We had them seek medical help," said Miller, who would confront the athlete first in a one-on-one conversation. "We would make recommendations to the athlete to see a trainer or the Health Center."

For Erin, a breakup with her boyfriend triggered anorexia.

"I didn't eat for five days and lost 10 pounds," she said. "I was like, 'Ooh, this works.' So any other stressful situation that came along, that would be the solution, and it just held on."

Shelley said coaches are rarely aware of the eating disorders of their athletes.

"In my experience working with athletes and coaches, I have found that many eating disorders are not dealt with at all," Shelley said. "In many cases, coaches do not

even know that an athlete is struggling with an eating disorder."

For Erin, it was her friends that helped her realize she had a problem. She is now open with her teammates, who help her continue to be a healthy athlete.

"I try to be open about it," Erin said. "If people know, I think they're more willing to say something. It's easier for people to notice when I start to become more obsessed with food again."

Erin still has occasional anorexic relapses. She got over her last relapse two weeks ago. Some advice a friend gave her helps Erin to continue on with her sport and her life: "She said, 'You have to know that this won't be with you all your life. Just know that there will be a point that it will no longer be a part of your life. You just look toward that goal.'"

Editor's note: The name of the student-athlete was changed to protect her identity.



## Press Box

### Butterfield Stadium lacks student cheers

At the St. Lawrence game two Saturdays ago, yet another group of disgruntled students showed their displeasure for the opinions of the an *Ithacan* sports writer by holding up signs that said "Delaney sucks."

This of course, was in reference to the Press Box column in the Oct. 10 issue in which Brian Delaney voiced his displeasure of going to an Ithaca football game and being greeted by 1,000 "muted fans" and 20 "annoying, yet spirited" students.

I think the banner was incorrect, because it should have read, "Our fans suck."

Some fans may say: "But I love the sports here! I go to the Cortaca game every year!"

Big deal.

Personally, I have to credit our rowdy group of 20 because at least they care. I've been to wakes that have been louder than Butterfield Stadium on a Saturday afternoon.

In 2001, 22,662 fans came to six home football games. This averages out to 3,777 per game. However, the Cortland game drew 12,620 fans, and the Brockport game on family weekend brought in 3,056. This means that in four of your typical run-of-the-mill home games there was an average of only 1,746 fans.

These numbers aren't terrible, but you have to figure in the fact that the only people making any noise are the Ithaca alumni. It's great to have alumni come out and support the team, but it's a loss if the alumni have no supporting cast.

"I think we have a pretty good central core of fans," Ithaca junior wide receiver Pete McCaffrey said. "We'd love to play in front of as many people as we possibly could. The more people, the better we play."

I'm sure many of you are formulating excuses for your silence. "I feel stupid yelling" or "The booga-booga guy is taking care of it" or "I'm too hung over" are possible reasons in explaining the morgue known as Butterfield Stadium. However, I think that if you go to games and remain silent, you're missing out on a really good time.

Think how much fun a game would be if 4,000 raucous fans came and didn't just go because it was the trendy thing to do. The experience would be fantastic. It certainly would present a better time than watching this week's fourth rerun of "The Real World: Las Vegas."

Sports represent the only venue left in America where you can scream, jump and make an ass of yourself and have it be an acceptable form of communication. It's a place where you don't have to worry about anything but the score. Sporting events are a staple of being in college.

I challenge everybody on this campus to show me that I'm wrong. You can do anything: write scathing letters to the editor about how incompetent I am, complain that the sports fans on this campus don't pay enough attention to other sports or make signs of my face that tell me how much I suck.

However, I would recommend getting a huge group of your friends together, going to the Buffalo State game on Nov. 9, getting loud and showing me that I was wrong to lose faith in my fellow students.

Press Box appears in this space every week. E-mail Mario Fontana at [thefont9@hotmail.com](mailto:thefont9@hotmail.com)

# Bomber offense absent in loss

BY CHARLIE ELLSWORTH  
Assistant Sports Editor

Ithaca had been making little mistakes all season. Saturday, a team finally exploited them.

Sophomore quarterback Ryan Steenberg threw three interceptions and was sacked seven times as the Bombers lost to Brockport for the third year in a row, 21-0.

Seventh-ranked Ithaca (5-1) gained just 106 yards of total offense against the Golden Eagles, 282.2 yards below their season average entering the game, had only six first downs, converted 1-of-12 third-down attempts and had the ball for almost 12 minutes less than Brockport.

#### Football

"What [Brockport does] is expose your weaknesses if you don't execute," Ithaca offensive coordinator Brian Angelichio said. "Some of the mistakes in this game we've made previously — they've just [gone] unnoticed to the person watching the game because you don't necessarily see the end result of what could happen."

Many of Ithaca's mistakes ended with Steenberg. Starting for freshman Josh Felicetti, who injured his leg against St. Lawrence Oct. 12, Steenberg was pulled late in the third quarter for freshman Jeff O'Hara. Ithaca head coach Mike Welch said he was "trying to get something going."

Steenberg re-entered in the fourth quarter and led Ithaca on its longest drive of the game, lasting 11 plays and 43 yards, but still increased his season sack total to 20.

"It's been a whole cluster of reasons why he's been sacked so many times," Angelichio said. "From the offensive line, from him holding onto the ball too long, from the backs not picking up the blitzes, from the receivers not breaking off their routes."

The Bombers had several chances to break the game open in the first quarter, with the ball three times inside the Brockport 38-yard line, but were unable to capitalize.



MATTHEW RICE/THE ITHACAN

JUNIOR RUNNING BACK Pete Celebre runs past a St. Lawrence defender last weekend.

Ithaca's first possession ended with a punt by senior Brian Bicher to the Brockport 1-yard line, setting up the Bombers with even better field position when the Golden Eagles went three-and-out and punted.

Then, with the ball at the Brockport 30-yard line, Steenberg was intercepted at the 1-yard line. After a Brockport punt and a 16-yard return by Jeffrey Welch, Ithaca had the ball at the Brockport 24-yard line but could do nothing. Actually, less than nothing.

A 1-yard loss by fullback Jamie Free, a 9-yard sack to Steenberg and an incomplete pass pushed Ithaca out of field goal range and set up another Bicher punt — this time into the end zone for a touchback.

Angelichio said Ithaca called the right plays on the last two drives but couldn't execute. "Potentially, it could have been two touchdowns," he said.

From the Ithaca 20-yard line, the Golden Eagles started a 67-yard drive for a game-

opening field goal.

That drive sparked an 18-point scoring binge to close out the half for Brockport. Meanwhile, Ithaca tallied minus-3 yards from its second drive to the end of the half.

Down 18-0 going into the third quarter and playing against both Brockport and the clock, Ithaca largely abandoned a running attack that was working well.

Junior Pete Celebre finished with 55 yards on just eight carries and teammate Caleb Greer-Carney had 32 yards on only five carries. Celebre had only three rushes in the second half and Greer-Carney added just two.

"I think the play-calling all around was very good," Steenberg said. "Obviously the clock wasn't our friend. We couldn't run the ball more because it keeps the clock going."

The Ithaca defense held Brockport to only a fourth-quarter field goal the rest of the way. Sophomore linebacker Jose Colon led Ithaca, with 15 tackles.

## Bombshells

### BOMBER BLUNDERS BREAK RECORDS

Ithaca matched several records of offensive impotence, some decades old, in losing to Brockport Saturday.

Among the lowlights:

- Ithaca managed just 51 rushing yards, its lowest total since Oct. 28, 2000, against Hobart (15 yards on 30 carries).
- Ithaca had only six first downs, its lowest total since Nov. 11, 1989, against Washington and Jefferson when that team also had six.
- Ithaca had only 106 total yards, its lowest total since Oct. 22, 1977, when the Bombers netted 90 total yards against C.W. Post.

### PLENTY OF PENALTIES

The Bombers are averaging 8.83 penalties per game this season for 84 yards, up from 50.8 yards in penalties per game last season.

Ithaca committed four penalties for 36 yards Saturday, by far its best outing this season. Asked about the team's load of laundry, offensive coordinator Brian Angelichio said jokingly: "We're like the [Oakland] Raiders. When we get penalties, we play better."

### QUOTABLE

"We gotta gut-check everybody. When you lose, you can feel sorry for yourself, or you can pick it up and go forward."

— Coach Mike Welch after Saturday's loss.

## Week 5 — Utica

### THE OPPONENT

Utica (1-5)  
Utica, N.Y.  
Head coach: Mike Kemp  
Last year: 0-8

### HEAD TO HEAD

All-time series: Ithaca leads, 1-0.  
Last meeting: Ithaca won in Ithaca in 2001, 66-0.

### KEY PLAYERS

The Pioneers have experimented with four different quarterbacks this season, most recently, Adam Luciano, who completed 14-of-32 attempts for 116 yards in a 10-0 loss to Alfred last weekend. The shutout loss was Utica's fourth of the season, as the team has averaged just 5.7 points per game. Running back Joe Datellas has rushed for 386 yards and two scores.

Jon Klosner, with seven interceptions for 106 yards, leads a Pioneers defense that gives up more than 28 points per game. Anthony Venturino leads the team in tackles with 57 and Mike Romandetti, one of two seniors on the team, is second with 53.

### STAFF PREDICTIONS

**Brian Delaney, sports editor:** Running would be a good choice this week for the Bombers. An effective ground game will open up Ryan Steenberg's options ... hopefully. Ithaca regains its confidence in a 46-7 victory.

**J.P. Wright, WICB football commentator:** Utica running back Joe Datellas went to the same high school as former Bomber All-American Ron Amato. That's where the similarities with these two teams end. Ithaca 45-Utica 13.



## Bombers slam Saints, 34-7, but lose Felicetti in the process

BY ADAM LIPKOWITZ  
Staff Writer

At home against perennial doormat St. Lawrence, Ithaca coach Mike Welch rested three "banged up" starters to prepare for Ithaca's next game against Brockport. Too bad he didn't do the same with freshman quarterback Josh Felicetti.

Just seven plays into the game against the Saints Oct. 12, Felicetti injured his right leg on an option-keeper to the St. Lawrence side-

#### Football

line. Felicetti did not re-enter the 34-7 Bomber blowout.

After having a magnetic resonance image and x-rays taken, Ithaca coach Mike Welch said Felicetti slightly cracked his femur. Felicetti missed last weekend's game against Brockport and his status for this weekend's game against Utica is uncertain, although he was practicing in full pads this week.

Sophomore Ryan Steenberg (5-14 passing, 80 yards, 1TD, 2INT) took over an already depleted Ithaca offense, playing without senior wide receiver Mike Marks and junior wide-out Pete McCaffrey. Senior defensive end

Dan Puckhaber also got the day off.

The Bombers were led by junior running back Pete Celebre, who gained 101 yards on 17 carries and scored two touchdowns, giving him nine on the season.

In the first quarter, junior cornerback Seth Molisani intercepted a Tom Anderson pass and returned the ball to the Saints' 22-yard line. That set up Celebre's first score, a 22-yard rush to put Ithaca up 13-0. Celebre's second touchdown capped the scoring for Ithaca.

St. Lawrence (0-6) has now lost 18 straight contests dating back to 2000, as well as 19 straight games to the Bombers.